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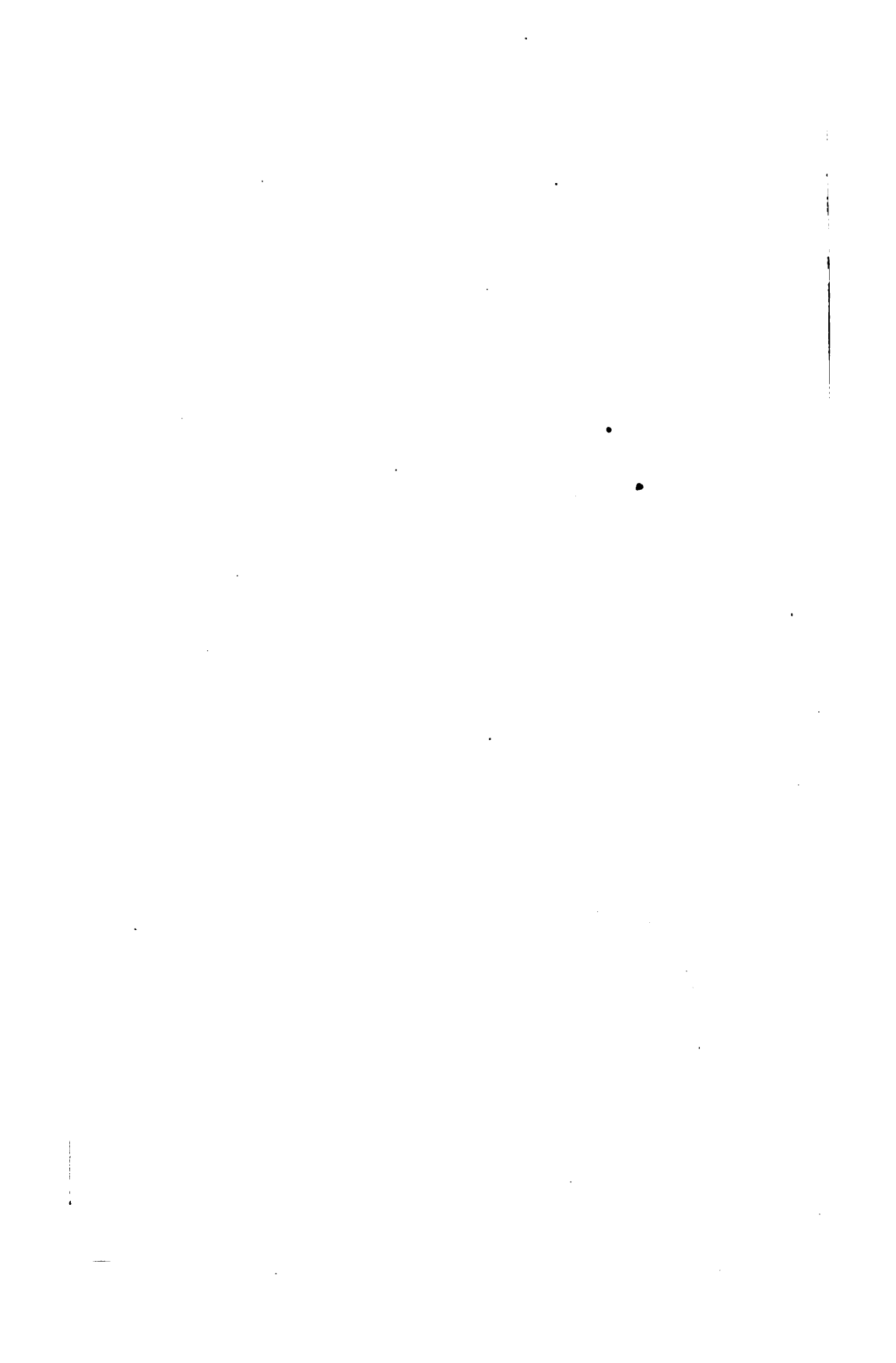
Gift of Sophie Coe

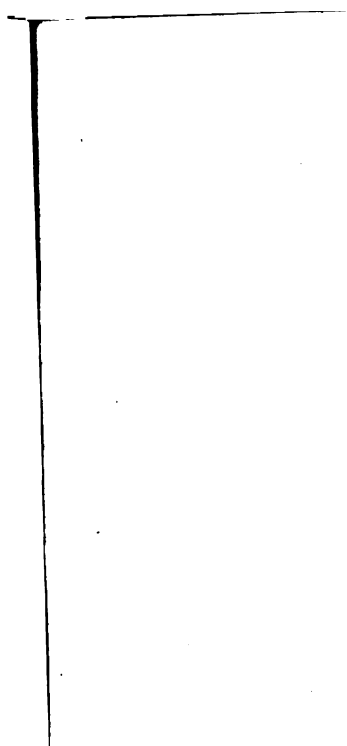


The ordinary yellow laundry soap may do well enough for scrubbing and for the coarser work in the laundry, but to get a clear snow-white in the linens and muslins, to save the costly and delicate fabrics, to avoid the pungent odor that is often too perceptible in the too-soiled linen, use Ivory Soap, a pure soap made of the cleanest, best materials.

Ivory Soap—99 44/100 Per Cent. Pure.

John B. Bunting
1903 50'







MRS. SNOW'S
Practical Cook Book

FOR
HOME AND SCHOOLS

DENVER, COLORADO.

1903.

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MRS. MARY B. SNOW.**

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IT IS WITH PLEASURE THAT I COMPLY WITH THE URGENT REQUEST OF MANY OF MY PUPILS TO ARRANGE OUR COURSE OF COOKING LESSONS INTO BOOK FORM, AND I THANK THE FRIENDS WHO HAVE SO KINDLY CONTRIBUTED EACH THEIR CHOICEST RECIPE. SHOULD ITS PAGES PROVE ACCEPTABLE TO YOUNG HOUSE-KEEPERS, AND MAKE SOME HOMES HAPPIER, I SHALL FEEL THAT MY EFFORT HAS NOT BEEN IN VAIN.

TO MY DEAR FRIEND MRS. J. MARSHALL CHATTERSON, THROUGH WHOSE UNTIRING PERSEVERANCE, THE REAL SCIENCE OF LIVING HAS BEEN CARRIED INTO MANY HOMES, AND TO MY PUPILS, THIS BOOK IS JOYFULLY DEDICATED.

PREFACE.

In the economy of nature nothing is lost. All waste, by the aid of heat is converted into fuel for cooking food for plants, then into food for man and animals—and animals, as condensed vegetable, furnishes food for man; all containing some chemical properties, dependant one upon the other, all for the use of man. To prepare food so as to get the most nutrition and not impose too much labor upon the digestive system, should be understood by every housekeeper. What the physician does after we are sick, the cook should do before hand, then there would be no need of a physician.

This book is not intended as an inexhaustless treatise upon cooking, but a selection of recipes such as is needed in any well regulated family. They have been repeatedly tried, with success, in school, at home or, by the kind friends who have contributed their favorite. With instruction given at the heading of each chapter it is hoped that failures will be unknown. Requests for information gladly granted.

Small rules have been given for individual trial, or for classes in cooking.

Different nations have their special food, and different people have hobbies regarding uncooked, vegetable, meat or fruit diet, but a mixed diet has been proven best, and care should be exercised, especially for growing children.

A knowledge of heat and digestion should be understood as well as pure water.

Make the dining room the brightest place in the home; make food attractive; give time to eat slowly; rest a little, and this will prove a good world after all.

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Demonstrations in Cooking.
Lectures upon Chemistry of
Food and Cooking.

SANITATION.
THE HOME.
HOME DRESSMAKING.
INVALID COOKING.
EMERGENCIES.

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CHAPTER I.

The Home.

Woman is ruler of the Home Kingdom and even with others to perform the menial duties, she should understand the complete régime in order that the mechanism may run in a methodical and economical manner, and as the health and comfort of the family depends upon the food they eat, the knowledge should be considered as a science and an art.

When establishing a home consider your income, don't mind the opinion of Dame Gossip, but what you can afford. A cottage is far more blissful than a mansion with rent unpaid. A good rule is to allow one-fifth of income for rent; one-third for table expenses, lights and fuel; one-fifth for dress; one-fifth for help, insurance and incidentals, the remainder for bank account.

In selecting a house the chief essentials are pure air, sunlight and dryness. Are the cellar windows on opposite sides? Is the plumbing work open and exposed to view? Are the fixtures on the different floors placed over each other, so as to avoid horizontal soil or waste pipe? Is the house drain outside the house to the sewer or cess-pool properly laid? Is there a trap on the house drain? Is there a pipe for the admission of out door air on the house side of this trap? Examine the heating apparatus, notice the cold air box.

The present prevalence of consumption is largely due to a lack of sanitary precautions in the past.

In furnishings seek adaptability and simplicity, nothing which can destroy comfort or injure health can be recognized as truly beautiful.

The beginners in housekeeping should first decide the amount of money they can afford to spend in furnishing, then make a list of essentials; then another list of desirable accessories should be made out, leaving the bric-a-brac to come by degrees. Floors covered entirely with carpet can not be kept free from dust.

Sleeping rooms are best on second floor and require very little furniture.

The dining room should be bright and attractive. A round table sets off a dinner. Chairs should be generous and firm. A side board table, covered with a pretty cloth, will serve to hold table ware one always wants in the dining room.

The linen should be fine and well laundered; the china and silver bright.

The Kitchen.

So much of the health and comfort of the family depend upon the kitchen, that careful thought should be given to its furnishing. If floor is covered with linoleum, see that it fits the edges close. Let the range be one of the best. The draft should be perfect. The checks and dampers should be so arranged that the heat may be increased or decreased at will.

If a gas range is to be used, see that the oven accommodations are ample; that there is a good place for broiling, and that there is one small burner for simmering. The gas range should have a pipe entering the chimney to carry off the products of combustion.

Ample table room in the kitchen simplifies the work. A clock, a slate and pencil for writing orders, and a rack for hanging dish towels.

Utensils.

It is a mistake for a beginner to fill the kitchen with all the utensils she will be apt to need in the future. Get the necessary articles first and have them of the best quality and simplest construction. Granite and enameled ware are recommended. Stone and earthenware. For baking, the French fire-proof ware.

Flour box,
Steamer,
Muffin pan,
2 cake pans,
2 layer-cake tins,
Melon mold,
2 measuring cups,
 { One divided into thirds,
 { One divided into fourths,
2 dish pans,
Long handled dipper,
Coffee pot,
Dessert dish.



A Beautiful Dish

Prepare it in a fifty. Orange segments tucked in lettuce leaves make a beautiful as well as delicious salad.

Graniteware.
4 bowls of various sizes,
2 cups and saucers,
3 pitchers,
6 plates,
2 platters,
Dishes for putting away food.

Tinware.

Skimmer,
Flour scoop,
Sugar scoop,
Tea canister,
Frying basket,
Potato ricer,
Spice box,
Bread box,
Cake box,

Pails for sugar, rice, meal, fat,
drippings for frying,
Biscuit cutter,
Cookie cutter,
Jelly mold,
Flour dredge and sifter.

Ironware.

Scotch bowl,
Roasting pan with rack,
2 bread pans,
Large pan for cookies,
Omelet pan,
Frying pan, short handle,
Le iron,
Re broilers,
Dip pot,
Dish,
Enamel-lined kettle.

Graniteware.

Ice pans,
Boiler,
Cup pans,
Dish pan and cover,
Dishes.

Miscellaneous.

Table slicer,
Dish knife,
Dish knife,
Large fork,
Steel dish-cloth,
Soap dish and shaker,
Lemon squeezer,
Funnel,
2 iron spoons,
Cake turner,
Can opener,
Tea kettle,
Pastry brush,
Flat iron stand,
2 asbestos covers,
2 tin covers,
Dust pan,
Whisk broom,
Cheese cloth for straining and draining.

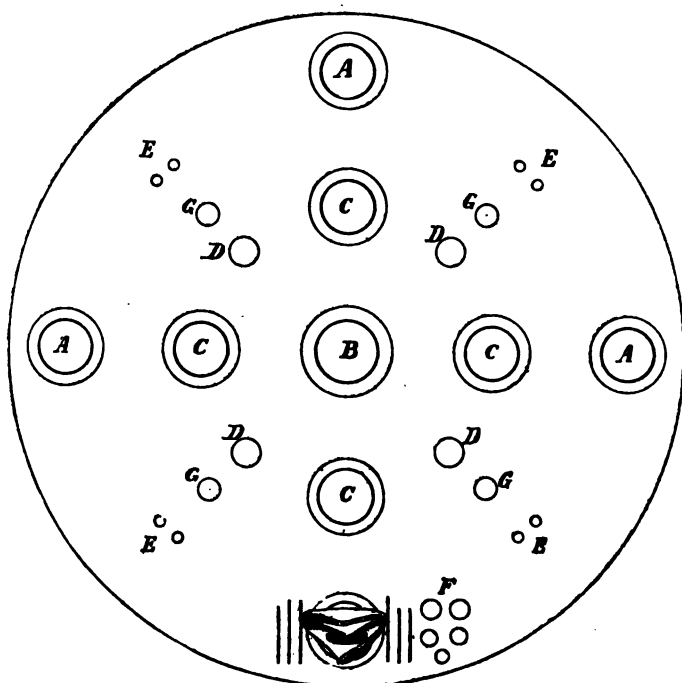
A shelf should be arranged or a warming oven for warming dishes. Method and order are indispensable factors in the kitchen. A place for everything and everything in place. A covering of white enameled cloth on pantry shelves and tables is recommended.

Strong soaps or alkali should not be used on paint, it removes dirt and softens paint, also. *Use Ivory soap.* Squares of linen or cotton, or even of gunny sack, hemmed, hung near kitchen stove to remove things from oven saves dish towels and aprons.

Table Setting and Serving.

There is a wide range for individual taste and artistic arrangement in table decoration. Pleasing effects of color are considered and is often carried through the menu, the dishes served corresponding in color to the table decorations. If only for a family meal, the table should always be in order for an unexpected guest, however simple the menu.

In laying the table for an informal dinner, a napkin to protect the table cloth is spread at the carver's place. This is not removed until the dessert is to be served. The soup and dessert are usually served by the lady of the house. Salad is dressed at the table, then passed. The vegetable dishes are not placed on the table. When the meat is put on the table, warm plates in a pile are set in front of the carver, and when a portion is served, the plate is lifted by the servant and placed at right side before the person for whom it is intended without the use of a tray. The plates placed when table is laid are used for holding the soup plates, and are not removed until the ones holding the next course are exchanged for them. Avoid sharpening carving knife at table. One vegetable besides potatoes is served with the roast. Serve the eldest or honored guest first. Fill glasses only three parts full. Set plates,



- A. Plates, Napkin with slice of bread folded in.
- B. Plant, Flowers, Fruit.
- C. Cakes or Fruits.
- D. Candle Sticks.
- E. Salt and Peppers.
- F. Water and Wine glasses.
- G. Candies and Nuts.

Forks at left of plate; knives with soup-spoon at right; tea-spoons in front of plate.

cups and saucers and small dishes, at the right. Present on the left, hold tray low, remove from the left with left hand. Let service be noiseless. Where there is but one maid of all work, she can leave the room after serving the food. Extra passing can be done by those at the table, thus allowing more freedom in conversation and the maid time to wash up cooking utensils.

Let the time at table be the happiest of the day—leave cares and business outside; encourage no fault finding nor ill temper. Laugh and grow fat.

For a formal dinner, no special difference in laying table is necessary, except additional silver and more elaborate menu.

A menu of six or eight courses, and time at table no longer than one and a half hours is quite the limit. In place of wines, Manitou mineral waters are used.

In getting dishes ready for washing, lay silver together on tray with the glasses, pile saucers together and cups, remove scraps from plates and pile together, food removed from platters and vegetable dishes and placed in ice box. If there is a butler's closet, china, silver and glass will not go to the kitchen. Wash dishes first in pan with hot water containing soap suds, then rinse in hot water, dry quickly. In order: first the glasses, then the silver, then the cups and saucers, then the pitchers, then the plates and other dishes. Wash towels and dish cloth, and hang on the line in the sun, after every meal. Use a little washing soda to cleanse the sink, occasionally a little cop-peras dissolved in water, or Gray's antiseptic.

A waitress should be in clean print or black dress, white collar and cuffs, apron and cap. Hair smooth and hands very clean. She should so thoroughly understand her duties that no words need be exchanged during the meal. She should be attentive to the wants of those at table and move with no effort.

Dinner Giving.

In arranging a dinner party the first thing is to select guests who will be congenial, and invitations are sent out two weeks in advance, and those who have entertained know the importance of a prompt reply. If one of a couple is unable to accept, both usually decline, that the hostess may invite others in their stead. An invitation should be precise in expression, reply the same. There is a precise rule of assigning each guest at the table, a precise manner of serving the dinner, and when carried out there need be no embarrassment.

The menu arranged, and time at hand, the dishes for the different courses should be in convenient place, the ones for warm food in oven, cold plates on sideboard or convenient for dishing. Arrange table in center of room. Spread silence cloth and table cloth smoothly, with crease lengthwise of table, iron out other folds, arrange a flower or fruit piece in center. Then lay plates at equal spaces around the table according to number of guests. Place two knives, with sharp edge towards plate, half an inch from edge of table; place forks, two or three, at left of plate; soup spoon by side of knife; two teaspoons in front of plate; a bread and butter plate at tip of fork; glasses at tip of knife. On four sides salt and pepper. Opposite each other, nearer center, place small dishes containing nuts, bonbons and celery, which can be eaten between courses. Napkin on each plate, with one corner folded over a slice of bread cut thick, long and narrow, which is placed on bread plate when napkin is lifted. Cards with name are sometimes placed by side of plate, to which a flower may be attached. Perishable things can not be arranged until just before the dinner. Candles, in candle sticks at four corners, with shades to soften the light.

Order of menu (have order of menu hung in kitchen):

- 1st course—a relish, caviar, fruit, or raw oysters.
- 2d “ a thin soup with cracker or bread stick.
- 3d “ fish with potato.
- 4th “ a joint or fillet of beef, one vegetable.
- 5th “ punch.
- 6th “ game with a salad.
- 7th “ dessert.
- 8th “ coffee.

At appointed hour the butler announces “Dinner is served.” The host, with guest of honor, proceeds to dining room, followed by rest, in pairs, hostess last to leave drawing room with escort, unless he be a very distinguished guest, when they would go first, all sit. First course is in place and water poured. When wines are served waiter should name the wine offered, which can be declined if not desired.

Dinner is served a la Russe, not carved at table. First course is served first to lady at right of host, following in order, to the right, around the table. The following course started at some distance away. Set plates down at right, special dishes are passed on a tray. Plates should be removed with the left hand and replaced with the right. Where the courses are arranged with sauces on plate a waitress can serve rapidly, one course after the other.

Dishes removed from table should be carefully piled out of the way.

Before dessert is served all the things except centerpiece and bonbons are removed, dessert is served, then black coffee and finger bowls, which should be filled one-third with water, with a geranium leaf, a flower or a piece of lemon. In arranging the menu, each course should be in a pleasing contrast to the preceding one. Dinner ended, hostess rises and all return to drawing room, guests soon take their departure.

A formal breakfast or luncheon is similar to a dinner, but less formal. Entrees taking place of joints or roasts. Grape fruit or fruit salad taking place of first course. Where table has a fine surface a square with small doilies takes place of cloth. Manitou mineral water can be used in place of wines for dinner or luncheon.

Making a Fire.

The heat generated for household purposes is produced by the action of oxygen of the air upon the hydrogen and carbon which are found in the various kinds of coal and wood. The oxygen first combines with the carbon, decomposes it, producing carbonic acid gas, which escapes into the air, absorbed by plants or the human lungs, if poor ventilation. The oxygen combines with the hydrogen gas in the fuel producing a flame. Some of the products of combustion are not consumed and pass off as smoke, the incombustible part is ashes. There should be just enough air for perfect combustion and should be confined in a limited space.

There are two kinds of coal, Bituminous and Anthracite, mineral charcoal derived from ancient vegetation and so thoroughly pressed that nothing is left but carbon, sulphur and incombustible ash. Anthracite is older, buried deep in the ground, burns with a steady heat and very little smoke.

Bituminous lights quickly, makes a hot fire, but burns out quickly, much smoke. Coke is the residue of coal from which illuminating and fuel gas is made.

In kindling a fire in a coal stove, remove ashes and brush soot from top of oven. Open oven damper and check draft. Crumple pieces of paper, put in fire box, laying fine pieces of kindling on top, then larger ones. Put on covers, light fire from below, when burning well put on shovels of coal, after a little, add more. When the flame becomes white close oven damper. When

coal is burning freely shut front draft, only allow air enough to keep it burning. Never fill up to covers, nor allow stove to get red. Brush up the hearth and keep stove and floor clean. To keep a steady fire add coal frequently (much food spoiled by too much heat).

To light a gas stove allow the air to escape for a few seconds before the light is applied. If the lighting back occurs, you will know by the flame burning white and a hissing sound in burner. Turn tap off and relight. The gas stove is like an obedient child, never fails.

Cooking.

Among the Arab tribes, bad cooking is sufficient cause for divorce.

There are certain principles underlying the rules for cooking which should be understood in order to perfectly nourish the human body and extract from food the best therein contained. Comparatively little attention has been paid to the chemical alterations produced in food by the process of cooking.

Laws govern the chemical changes which take place, and can always be relied upon. Pure water will boil at 212° , and can not be made hotter by violent boiling, in an open vessel.

Starchy foods require more time and long cooking to rupture the starch cells. Albuminous foods—meats, eggs, milk—are hardened by long rapid cooking. Gentle cooking.

For soup, all juice should be extracted from meat. Simmering.

For stew, part of juice in meat, part in gravy. First boil then simmer.

Roasts and steaks. Juice in meat. After rapid cooking to sear outside, then cook slowly that albumen is not hardened.

Baking is hardening and searing in hot oven. If water is in pan, meat is steamed. Even fruits have different flavor from those cooked in water.

Large joints can have water added to pan after outside is seared.

Saut  ing is cooking in a pan with little fat. Not as healthful.

Frying is cooking in fat sufficient to cover and hot enough to brown in a minute.

Broiling is cooking over or under hot fire, frequent turning.

Pan broiling, cooking in very hot pan, just rubbed with piece of suet.

By stirring we mix ingredients together; beating to incorporate air into mixture.

Cutting or folding, combining by stirring slowly from bottom up, and down on other side, occasionally cutting down through center in order not to break air cells formed by beating eggs.

Soda and Cream of Tartar, Baking Powder.

Soda used in cooking is bi-carbonate of soda made from sea plants or sea salt—alkali. When properly combined with acids it forms a neutral salt. When not properly combined, if the acid be stronger than the alkali, the salt is acid; if the alkali be in excess, the salt is alkaline. Sour milk serves as the acid.

Soda, alone, mixed with wet dough will give off gas to raise the dough, but it leaves an alkali taste and greenish yellow color; poisonous. Must be neutralized by an acid. Cream of tartar, which is tartaric acid combined with potash, and is obtained from crystals or argols which collect in wine casks, are preferred by chemists. Combined with soda in the proportion of 2 rounding teaspoonsful of cream of tartar to one level of soda, makes the reaction. Never buy cheap baking powder. Test with litmus paper.

Flour.

There are one hundred and fifty varieties of wheat, classified as red and white; as winter and summer. Winter wheat sown in the autumn; summer wheat in the spring; as soft or hard, soft wheat being tender and starchy; hard wheat, tough, firm, more gluten.

Wheat is the only grain which contains gluten in the proper proportion for light, spongy bread. It contains all the elements necessary for the growth of the body, but to meet the requirements, the whole of the grain except the outer husk should be used. Underneath this husk lies the gluten, the phosphates and other mineral matters which help to make up the bony parts of the body. The oil and the heart with cells containing starch, of little food value except as a heat producer.

Good flour should not be pure white in color. If it feels damp or sticky it is not the best. Good flour holds together in a mass when squeezed by the hand. When made into dough it is elastic; poor flour is sticky and flattens out. Pastry flour is more starchy; suitable for cake rolls and pies. Hungarian Patent.

Measuring.

Measurements, level in this book, except specified.

Standard measuring cup $\frac{1}{2}$ pint.

2 cups even full=1 pint of sugar, milk or butter, or 1 pound.

4 cups of sifted flour=1 pound.

Salt spoon= $\frac{1}{8}$ teaspoonful.

Teaspoon=60 drops.

4 teaspoons=1 tablespoon.

16 tablespoons=1 cup.

Rounding teaspoon=as much above as below edge of spoon.

Heaping spoonful=all it will hold.

Sift flour and sugar before measuring.

Use Dover egg beater for yolks of eggs, Daisy beater for whites. Raise high to beat light.

Some flour stiffens more than other. Gluten flour, more muscle builder. Pastry flour, light, fine, less nutritious.

Thin Batters.

For griddle cakes, waffles, pop overs. Flour and sugar sifted before measuring.

Proportion: 1 cup of flour to 1 cup milk, 1 rounding teaspoon of baking powder. $\frac{1}{2}$ teaspoon of soda to one cup liquid, if sour milk is used. Sift baking powder or soda with flour. Mix dry things by themselves. Air entangled in batter by beating. If put in very hot oven bubbles will burst, put in increasing oven, they have chance to expand three times.

Carbo-hydrates are heat producers—sugar, starch.

Griddle Cakes.

One pint flour.	Small Rule.
One-half teaspoon of salt.	$\frac{1}{4}$ cup flour.
One teaspoon soda.	Speck salt.
One scant pint of sour milk.	$\frac{1}{2}$ salt-spoon.
Two eggs, well beaten.	$\frac{1}{4}$ cup milk.
	1 tablespoonful.

Crush, measure and sift salt and soda, with flour; add the milk gradually, beat well, add beaten yolks, lastly the whites. For variety use whole wheat flour or $\frac{1}{2}$ corn meal or Graham. Can use sweet milk with two teaspoons baking powder instead of soda (soap stone griddle good).

Rice Griddle Cakes.

One cup sweet milk.
One cup of warm boiled rice or hominy.
One-half teaspoon salt.
Two eggs (separate).
One tablespoon butter.
Flour to make thin batter.

French Pancakes (Larger than Griddle Cakes).

3 eggs separated.
1 cup milk.
 $\frac{1}{2}$ teaspoon salt.
1 teaspoon sugar.
 $\frac{1}{2}$ cup flour.
 $\frac{1}{2}$ teaspoon salad oil or butter.

Beat yolks, to which add sugar and milk; pour $\frac{1}{2}$ this on flour, stir to smooth paste, add remainder of milk and beat well, add oil, fold in whites. Heat and grease griddle, cover with batter, brown on both sides, spread with butter and sugar or jelly, roll up, sprinkle with powdered sugar, arrange side by side on napkin. Serve hot. Nice dessert.

Buckwheat Cakes.

Pour 1 pint of boiling water on $\frac{1}{2}$ cup corn meal, $\frac{1}{2}$ teaspoon salt. Mix well, add $\frac{1}{2}$ cup white flour, 1 cup buckwheat, $\frac{1}{2}$ yeast cake, soaked, 1 teaspoon molasses. Beat vigorously, rise over night, stir down with 1 salt-spoon soda. Fry as cakes and serve hot, right side up.

Apple Pancakes.

To French pancake batter add three apples, chopped fine. Fried as griddle cakes.

Pop Overs (Mary Draper).

1 cup milk.
1 cup flour.
1 egg.
1 salt-spoon salt.

This will make seven. Moderate oven, bake 25 minutes. In bowl sift flour and salt, break egg in center and one-half the milk, stir until smooth, add rest of milk, beat thoroughly until batter is full of bubbles. Turn into warm buttered cups or irons. Bake till good brown all over.

Colman's Standard Health Flour Griddle Cakes.

2 cups whole wheat flour.
2 rounding teaspoons baking powder.
1 egg.
1 tablespoon sugar.
1 teaspoon salt.
1 pint of milk.

Waffles.

1 pint of flour.
2 teaspoons baking powder.
3 eggs (separate).
 $1\frac{1}{2}$ cups milk.
1 tablespoon butter.
 $\frac{1}{2}$ teaspoon salt.

Mix in order given: yolks of the eggs with milk, then the melted butter, whites last.

Serve with butter, sugar and cinnamon or with lemon syrup.

Rye and Indian Cakes.

2 cups corn meal, 2 cups rye, 1 cup flour, 1 cup sour milk, $\frac{1}{2}$ teaspoonful salt, 1 egg, 1 teaspoonful soda.

Stiffer Batters.

1 rounding teaspoon of baking powder to 1 cup flour, $\frac{3}{4}$ cup milk to 1 cup flour.

Muffins.

Two cups of flour.	Small rule.
Two rounding teaspoons baking powder.	$\frac{1}{4}$ cup of flour.
One-half teaspoon salt.	$\frac{1}{4}$ teaspoon.
Two eggs (separate)	Speck of salt.
One cup milk.	2 teaspoons egg.
One-third cup shortening, softened.	2 tablespoons milk.
One tablespoon sugar (optional).	1 teaspoon shortening.
	$\frac{1}{2}$ teaspoon sugar.

Sift, flour, baking powder and salt together, mix beaten yolks, milk and shortening. Stir into flour, fold in whites, beaten stiff. Put in hot greased muffin tins, bake 15 minutes. 8 muffins.

Whole Wheat Flour Gems.

One pint of whole-wheat flour.
Two rounding teaspoons baking powder.
Two eggs beaten lightly.
One-third cup butter.
One tablespoon sugar.
One-half teaspoon salt.

Graham or Whole Wheat Puffs.

Two cups of whole-wheat or Graham flour.
One-half teaspoon salt.
One tablespoon sugar.
Two eggs (separate).
One cup milk.
One cup water.

Sift flour, salt and sugar, add beaten yolks and milk, beat very thoroughly, fold in whites. Bake in hot gem pans 30 minutes.

Sponge Corn Cakes.

	Small Rule.
Three-fourths cup of flour.	1 rounding tablespoon flour.
Three-fourths cup of corn meal.	1 tablespoon corn meal.
One-half teaspoon of salt.	Speck salt.
One-half teaspoon soda.	One-half salt spoon.
One-fourth cup sugar.	1 teaspoonful.
Two eggs, well beaten.	1 tablespoonful.
One tablespoon butter.	$\frac{1}{2}$ teaspoonful (melted).
One cup sour milk.	2 tablespoonsful.

Green Corn Fritters.

Two cups of grated sweet corn or pulp.
 One-half cup sweet milk.
 Two eggs, well beaten.
 One teaspoon salt.
 Speck of pepper.
 Tablespoon flour.

Drop by tablespoonsful on buttered griddle and brown on both sides.

Dutch Apple Cake.

	Small Rule.
One pint flour.	$\frac{1}{4}$ cup.
One-half teaspoon salt.	Speck.
Two teaspoons baking powder.	$\frac{1}{4}$ teaspoonful.
One-third cup of butter (creamed).	2 teaspoonsful (creamed).
One egg.	1 teaspoonful.
One scant cup of milk.	2 tablespoonsful.
Two tablespoons of sugar.	1 teaspoonful.
Three sour apples.	$\frac{1}{2}$ of an apple.

Mix dry things together, add beaten egg to milk, add gradually to dry mixture, add butter. Spread dough on shallow pan, $\frac{1}{2}$ inch thick. Pare and cut apple into eighths, lay in rows on dough, sharp edge pushed down, sprinkle with sugar and cinnamon. Bake 30 minutes.

To the same batter can add a pint of huckleberries. Spread and bake.

Soft Doughs.**Baking Powder Biscuit.**

	Small Rule.
One pint of flour.	$\frac{1}{4}$ cup.
One rounding teaspoon baking powder.	$\frac{1}{4}$ teaspoonful.
One-half teaspoon salt.	Speck.
One tablespoon butter, lard or oil.	$\frac{1}{2}$ teaspoonful.
Three-fourths cup of milk.	$1\frac{1}{2}$ tablespoonsful.

Sift flour, baking powder and salt. With caseknife chop shortening into flour until well mixed, add milk gradually, until dough forms soft ball on knife. Turn out on floured board, roll out $\frac{1}{4}$ inch thick, cut with small cutter and make them one size and shape; brush top with butter and bake in oven with increasing heat about twenty minutes.

[Oven test: White paper a golden brown, after being in four minutes.]

Make whole wheat biscuit same, with a little more milk.

If using sour milk use 1 teaspoon soda, instead of baking powder. Amount of soda depends somewhat upon sourness of milk. Very sour milk, more soda.

Scotch Short Cake.

One pint flour.
One teaspoon soda.
One-fourth cup of shortening.
White of one egg.
One cup sour milk.
One-half teaspoon salt.

Sift flour and soda, cut shortening into flour, add salt. Stir in milk gradually, then beaten white of egg. Spread in a sheet pan, cut across dough with knife in diamonds, 3 inches square. Bake and serve hot. If sour cream is used omit shortening.

Scotch Bannocks.

Two eggs.
Two tablespoons sugar.
One cup sour milk.
One-half teaspoon soda.
One and one-half cups corn meal.

Stiff batter. Shape rounding on tablespoon, shove off into hot fat until brown. Breakfast dish.

Strawberry Shortcake.

Follow rule for biscuit, doubling amount of shortening; divide, roll $\frac{1}{4}$ thin, place in round shallow pan, brush top with butter. Place layer on top. Bake same as

biscuit. Must be served hot and spread with fruit just before going to table.

FILLING—Wash and pick over three cups of berries reserving one cup of best for top. Mix others in bowl with $\frac{1}{2}$ cup of sugar, chop a little with knife, remove upper layer of shortcake, spread chopped berries, add top crust, place best berries on top. Sift powdered sugar on top and serve. Raspberries and peaches are good served in same way.

Beaten Biscuit.

One pint flour.
One rounding tablespoon lard.
One-half teaspoon salt.
One cup cold water or milk.

Rub lard and salt into flour, mix cold water to a very stiff dough. Knead 10 minutes, beat with mallet or rolling pin, turning over and over until it begins to blister or until pulling off a piece quickly, it gives a snap, beat out $\frac{1}{4}$ inch thick, cut, press with the thumb, leaving hollow in center. Place a little distance apart in pan, prick with fork, bake twenty minutes. Oven same as for biscuit,

Whole Wheat Crisps.

One cup rich cream, sweet or sour,
One-fourth cup sugar.
One salt-spoon salt.
Two cups fine granulated or wheat flour.

Knead fifteen minutes or until you can roll out thin as a wafer. Cut with a biscuit cutter, bake on ungreased tins in hot oven.

Graham Biscuit.

One pint sweet milk.
One-half cup butter.
One-half teaspoon salt.
One-half cup sugar.
Two eggs.
Two cups Graham flour,
Beat very thoroughly,

Corn Bread.

One cup fine corn meal, sifted.
One teaspoon baking powder.
Two eggs.
One-half teaspoon salt.
One teaspoon sugar.
One and one-half cup milk.
One tablespoon butter.

Scald milk and pour it on the sifted meal. Let it cool, add melted butter, salt, sugar, baking powder and yolks of eggs. Stir it thoroughly together, fold in well beaten whites. Bake on flat pan 30 minutes.

Bread Making.

It is said that the bread used by the inhabitants of any country is a fair measure of their civilization. Wheat is the only grain which makes light, spongy, moist bread. In olden times unleavened bread was used and a story is told of a servant of an Archon of Athens, who having forgotten his dough and seeing his master coming, threw it into some he was then preparing and the result was light, wholesome bread.

Wheat is crushed and sifted many times, dividing it into different grades. Winter wheat contains more gluten, which is nitrogenous or flesh forming, and makes the most nutritious bread.

Fleischman's compressed yeast, if fresh, is recommended; dry yeast cakes give satisfaction. If they can not be procured one can make their own yeast with potatoes, hops and yeast to make it ferment, also salt rising bread. When using dry yeast cakes, it is well to soak $\frac{1}{2}$ cake in 1 cup of warm water $\frac{1}{2}$ hour; add a cup of flour, beat well together and let stand before making sponge.

Boiled Potato Yeast.

Three large old potatoes, well boiled with a half cup of hops, tied in a bag. Press potato through a ricer, add hop water and enough more to make two quarts. Boil and stir in three-fourths cup of flour, wet in cold water, and three-fourths cup of sugar. Boil five minutes, stirring, cool, add three-fourths cup of yeast and when light add one-fourth cup of salt. Keep in covered stone jar in cool cellar.

Salt Rising Bread.

Take a pint of warm water—about 90°—in a perfectly clean bowl, stir in coarse flour till a thick batter, a teaspoon of salt, beat very thoroughly, stand in pan of warm water, keep at even temperature, and in two to four hours it will begin to rise. When rising is nearly light, mix pint of milk and a pint of boiling water, stir it in a pint of flour, in bread bowl, cool, then add rising, stir well, let rise four hours, add flour, knead less than for yeast bread.

Yeast is a plant of the fungus tribe, consists of oval bodies which are true vegetable cells. They increase with aid of moisture, heat and sweet. Flour is moistened with milk or water, yeast and salt is added and then exposed for some hours to a temperature of about 70°. The yeast changes some of the starch of the flour into sugar and the sugar into alcohol and carbonic acid gas. This gas expands the dough into two or three times its bulk, before the alcohol ferment is changed to acetic. The ferment is killed by baking. The alcohol escapes into the oven; some of the starch is changed into gum, making the crust which the heat browns.

Milk or water can be used, or milk and water. Sugar and shortening can be omitted if desired.

Potatoes make bread more moist.

MILK BREAD.

Milk Bread.

One pint milk, scalded and cooled.
One-half pint water in which potato is boiled.
One potato, boiled and riced.
One tablespoon lard or butter.
One tablespoon sugar.
One tablespoon salt.
Six or seven cups of flour.
Three-fourths cake (compressed yeast) or one
cup yeast.

Small Rule.
2 tablespoons.
1 tablespoon.
1 teaspoon.
1 salt-spoon.
1 salt-spoon.
1 salt-spoon.
 $\frac{1}{4}$ cup flour.
 $\frac{1}{4}$ cake or 2 table sps.

Soak yeast in one-half cup of tepid water till soft, add it to milk, sugar, potato and water, salt and shortening. In bowl put 3 cups of flour, make hollow in center, add liquid and stir until a nice batter, then beat with wooden spoon 15 minutes. Should be a stiff batter. Can cover and set in warm place to rise double, or can add more flour until stiff enough to handle. Turn out on floured board and knead for 15 minutes, using as little flour as possible, keeping it on the outside.

The kneading is a process of pulling forward and pushing back with ball of hand, keeping hands and fingers well floured.

Return dough to pan, cover, let rise double, about two hours. Return to board, work it towards the center with fingers a very little. Cut into halves for loaves, shape into loaves, put into greased pans, brush over top with a little oil or lard, cover, let rise, and bake. Cut two openings on top for steam to escape.

If sponge was left to rise for two hours, it will be full of large bubbles. Stir down with spoon, add flour gradually around the outside until it is stiff enough to make a ball of dough. Then turn out on floured board and proceed as before.

Can make sponge at night and make and knead dough in the morning early. In the winter it must be well covered to protect from cold. Dough must not be too stiff.

Quick Process of Raising Dough.

Stand covered pan or dish containing dough in a pan of warm water, 70°, to bear hand, keeping at that temperature until dough is light. When dough is in baking pan ready to rise, set in bread pan in some hotter water than for first rising. Keep covered.

OVEN TEST—White paper brown after four minutes.

GAS STOVE—Light both oven burners five minutes before bread is ready to bake. Turn off back burner, reduce front a little, place paper on rack for test. If oven is too hot open oven door for three minutes.

The first 15 minutes that bread is in the oven it must rise and just begin to brown; the next 15 minutes it must brown gradually the last 15 minutes, it must bake to the center, sometimes an hour is necessary, according to size of loaf. Remove from oven, rap on bottom, if it sounds hollow it is done. Remove from pans stand on end, uncovered, until cold.

Water bread is made in same way, omitting milk.

Whole Wheat Flour Bread.

(COLMAN'S.)

For five ordinary sized loaves. At night pare and boil four medium sized potatoes in 1 quart water. Mash or press potatoes through ricer. Soak yeast cake and add to potato water and potato; add three cups white flour, stir and beat ten minutes, cover and place to rise until morning. In the morning sift into bread pan 6 cups whole wheat flour, 1½ tablespoons of salt, stir into it 1½ pints of luke warm water. Pour in sponge, mix well and knead, having the dough very soft, cover until light, when shape into loaves, let rise and bake in a slow oven. When done brush with butter.

BREADS.**Brown Bread.****MRS. M. F. MOORE.**

Two cups yellow Indian meal.
One cup Graham or white flour.
Two-third cup molasses.
One teaspoon each of salt and soda.
One cup warm water.

Make consistency of griddle cakes, not too thick, steam in 3 pound lard pail 3 hours. Very nice.

Graham Bread.

Sponge as for white bread, add sifted Graham flour until a very stiff batter; rise but once; bake in a slow oven.

Rye Bread.

Sponge as for white bread; mix with rye flour, very soft dough, let rise and bake.

Gluten Bread.

Pour a pint of boiling water into a pint of milk, add a teaspoon of butter and a teaspoon of salt. When cool add $\frac{1}{4}$ yeast cake, dissolved, 1 well beaten egg and enough gluten to make soft batter. Cover and let rise, add gluten to make soft dough and knead well. It will make four thin loaves. Let rise, bake 1 hour.

Brioche.

Brioche is a light bun mixture, used in France.

One cake compressed yeast.
One-fourth cup luke warm water.
Six cups flour.
Seven eggs.
Three-fourths pound butter.
One-half teaspoon salt.
Two teaspoons sugar.

Soak yeast in $\frac{1}{4}$ cup of luke warm water, stir well and mix with flour to make a ball of dough. Drop in a pan of warm water. It will sink at first, then rise to the top full of bubbles. Put the rest of the flour in large bowl, make well in center. Into this put the butter creamed, salt, sugar and four eggs. Work them together with the

hand, gradually mixing in flour, adding two more eggs, one at a time. Work and beat with the hand until it loses its stickiness, which will be some time. When the leaven is light, lift it out of the water with a skimmer and mix with the dough, break in last egg and beat a long time. Cover and let rise to double the size, about 4 hours. Beat down again, and put on ice for twelve hours or more. After taking from ice it will be soft—must be handled quickly.

Brioche Crown or Ring.

Mould the paste into a ball, roll it to one-half inch in thickness, keeping form. Cut it several times through the middle and twist the paste into a rope-like ring. Let rise, brush with egg and bake about one-half hour.

Buns.

Roll paste into small balls, glaze the top after rising. Bake about twenty minutes.

Cabinet Pudding.

Mix floured raisins with brioche, put into buttered mould, half full, let rise, bake 30 minutes.

Rolls.

When making bread, can use some of dough for rolls by adding another tablespoon of shortening, mixing it into the dough. Rolls should be stiffer than bread, and well raised when put in oven.

OVEN TEST—White paper, golden brown after 1 minute. Time to bake, 20 minutes.

Making Rolls.

One pint of milk, scalded and cooled.
One-half cake compressed yeast.
One-half cup warm water.
One teaspoon salt.
One tablespoon sugar.
Two tablespoons of lard or butter.
Six or seven cups of flour.

Soak yeast in one-half cup of warm water until soft, add salt and sugar and mix with milk. In large bowl put 3 cups flour, make well in center, add liquid, stir till smooth, beat, add flour until it is a drop batter. Cover and let rise until full of bubbles. Add lard and beat it in with spoon, then add flour until a stiff dough. Turn out on floured board, knead 5 minutes, cover, let rise double. Turn out on board, work it a little, and cut into even pieces to shape—half the size of an egg, roll them into balls and place in a greased pan a little distance apart. Let rise double, brush over the top with butter; bake 20 minutes.

Parker House Rolls.

CARRIE SPINNEY.

Roll dough one-third inch in thickness. Cut with biscuit cutter, take in left hand and pull out lengthwise, brush over with soft butter, fold double, pressing down a little that they will not lose shape, place in rows lengthwise in long tin a little distance apart, rise, and bake 20 minutes. Remove from oven, brush over with butter and cover until used. To be eaten warm.

Cleft Rolls.

Make dough into balls, lengthen a little. After the rolls have risen, cut each roll across top with sharp knife, one-half inch thick. Brush top with milk and sugar. Bake.

Crescents.

CENTURY COOK BOOK.

Roll dough one-eighth inch thick, cut into squares six inches wide, then into triangles. Roll them up, beginning at the base, the point of triangle will come in middle of roll. Bring points around into shape of crescents. Place on tin to rise, brush over with butter, bake twenty minutes.

Swedish Rolls.

Roll dough one-eight inch thick, oblong square six inches wide. Brush over with softened butter, sift over granulated sugar, cinnamon, then a layer of cleaned currants or chopped raisins, roll up like a jelly roll, cut across in one-inch rolls, stand on end in pan some distance apart. Sift cinnamon over top. Rise and bake.

Bread Sticks.

Roll dough long and about thickness of a pencil, cut six inches in length, lay very straight in pan, a little apart, brush over with milk and sifting of salt. Rise, and bake ten minutes.

Brades and twists made of same coil of dough.

English Muffins and Crumpets.

Use sponge for rolls; add flour to make drop batter; let rise over night, in the morning stir down, grease some muffin rings, set them on a soap stone or hot greased griddle; fill the rings half full of batter. It will rise to the top. Turn the muffins with pancake turner, bake on both sides till light brown, or, do not brown, let get cold, pull them apart and toast.

Coffee Cake.

Two cups of bread sponge, to which add 2 eggs, well beaten, $\frac{1}{2}$ cup sugar, 1 tablespoon butter, a cup of tepid water. Mix well together, add flour to make stiff batter, Let rise until double. Spread in a baking tin, let rise again. Brush top with egg beaten with a teaspoon of sugar, over this a sifting of granulated sugar and a dash of cinnamon or a few blanched almonds, split. Nice for breakfast with coffee.

CHAPTER III.

Soups.

It is well for every housekeeper to lay in a small stock of spices, ground and whole, herbs and flavorings for soups and sauces.

Ground Spices. Whole Spices.

Pepper.
Paprika.
Sage.
Summer savory.
Celery salt.
Cinnamon.
Cloves.
Mace.

Pepper corns.
Cloves.
Celery seed.
Mustard seed.

Herbs.

Thyme.
Marjoram.
Bay leaves.

Corn starch.
Arrow root.
Curry powder.
Bread crumbs.
Lemon.

VEGETABLES FOR SOUPS: Onions, celery, carrots, turnips, parsley, tomatoes.

EXTRACT OF BEEF: Caramel, anchovy paste, catsup.

Stock is the extract produced from drawing out the juices from meat, fat and bone, whether raw or cooked, by soaking in cold water then simmering for hours, to which, after straining, vegetables are added and cooked just long enough to soften, seasoned, and served as soups of different name, according to the meat or material used, color, or name of the makers.

Two divisions of soup—those made with stock and those made with milk and vegetables or fruits.

Stock is more or less solid, according to the gelatinous nature of the ingredients, as veal. It can be made of one kind of meat, or two or three different kinds together, bones and scraps, good for no other purpose, then scraps of bread, vegetables, cereals, can all be useful in the "pot-au-few."

Cheaper parts of meat are used, shank, shoulder, neck, head or tail; bones containing marrow give fine flavor.

Beef, veal and chicken with a small piece of ham are a good combination. Mutton, on account of its flavor, is more used for broth. For a very clear soup, bone is not desirable. The object in making stock is to extract all the nutriment, juices, alkali and acid salts from the meat.

If meat is bought specially for stock, cut it in small pieces, chopping bones. Can fry with a little butter in hot frying pan just to color outside, or wipe with damp cloth and put into kettle of cold water with teaspoon of salt, and stand covered for an hour, then heat gradually and simmer, not boil, for three or four hours.

One quart of cold water to each pound of meat. A granite kettle with tight fitting cover. After the long simmering the meat is nothing but refuse, without nourishment. Strain, put in jar until next day, remove fat, set away in a cool place. It will keep for a week, and a variety of soups can be made from same stock.

If vegetables are cooked with stock for a long time they absorb the nourishment and flavor, and if strained it is lost.

Take amount of stock needed, cut vegetables fine, add to stock, cooking only long enough to soften them, or cook the vegetables in water until tender, add to stock. Seasoning can be added with vegetables.

To color stock: Put into frying pan with a teaspoon of butter, a chopped onion, stir until a deep color, then boil in water or stock, strain and use liquor.

Stock flavored with vegetables and seasoned make fine sauces. Boiled down it makes a glaze. If you boil the soup meat, the scum which rises is the albumen and juices of the meat, hence, in straining is lost. Clear soups are more stimulating than nourishing.

Beef tea for invalids must be made in such a way that albumen is not lost.

Bread crumbs cooked in stock thickens without clouding soup.

Tomato Soup with Stock.

Cook 1 pint of tomatoes, cut, 1 onion, 3 cloves, a piece of bay leaf, dash of paprika. Rub through sieve all but seeds and skin, add to 1 quart of stock, scald and serve. Season to taste. Serve with croûtons.

Croûtons, small squares of bread browned in hot fat.

Julienne Soup.

Vegetables in Soup.

One quart of stock.	Small Rule. $\frac{1}{2}$ cup.
One cup turnip and carrot cut in fine strips.	4 strips of each.
Small onion.	$\frac{1}{2}$ slice.
One teaspoon salt.	$\frac{1}{2}$ salt-spoon.
One-half salt-spoon paprika.	Dash.

Boil the vegetables in water; vegetables can be chopped, any kind, and if boiled with stock, more water may be added. If carrots are old use only outside, center is woody fiber.

Tops of celery useless for table can be boiled in water, strained, and used to flavor stock.

Soup served for dinner stimulates the stomach and prepares it for the more substantial food that follows.

The water in which a tongue or piece of meat, or in which vegetables have been cooked can be used in soup. Much depends upon seasoning. Avoid greasy soups.

The French have a little bunch of herbs tied together, called a bouquet, easily removed.

If crackers are served with soup they should be crisp. Triscuit are recommended.

The feet of chickens and turkeys, scalded, skin scraped off and nails removed, make fine soup stock, gelatinous, well flavored—French economy.

To jelly consommé throw in two calves feet while stock is cooking. Never use gelatine.

Fruit Soup.

Apples, prunes or any dried or fresh fruits boiled in four times their measure, with a little sugar and lemon juice, rubbed through a seive. Served.

Ox Tail Soup.

Two ox tails
One large onion
One tablespoon beef drippings
4 quarts of cold water
One tablespoon salt
One tablespoon herbs
Four cloves
Four pepper corns

Wash and separate the ox tails at joints. Chop onion and fry in hot drippings. When browned move to one side and brown half the ox tails. Put in soup kettle with 4 quarts of cold water. Add salt and spices, simmer 4 hours. Select finest joints to serve with soup. Strain, skim off fat, season well. Serve.

Can add 1 pint of vegetables, celery, turnip, carrot and potatoes, cut into fancy shapes, after soup is strained, boil until tender and serve.

Mutton Broth.

One and one-half pounds neck of mutton
One quart cold water
One teaspoon salt
One salt-spoon pepper

Wipe meat and cut up, add to cold water, soak, simmer three hours, strain. When cold add a slice of onion, two tablespoons of rice or pearl barley, simmer until tender, add a dash of paprika, a leaf of parsley or mint. Serve at once.

If fat remains on top, thin paper laid on absorbs fat or cloth wrung out of ice water.

Curry Soup.

Stock made from chicken or turkey bones, skin, dressing, an onion and piece of celery, 1 teaspoon of salt, 1 salt-spoons of curry powder, boil, strain, to which add $\frac{1}{2}$ cup of soft boiled rice. Much depends upon seasoning.

Chicken Gumbo.

MISS GEORGIA HUGHES.

1 grown chicken.
1 quart of okra.
1 pint of tomatoes.
1 fourth of a pint of onion.
1 pint of green corn, in season.
1 tablespoon of mixed herbs.
6 quarts of boiling water.

Season with small pod red peper. Salt to taste when ready to serve.

Joint the chicken, fry brown, place in soup kettle, add all the ingredients, cover with the boiling water, cook for three hours slowly, carefully remove the bones, cut giblets finely, then salt, serve the meat and vegetable with soup. The okra and tomatoes, onions must be cut in small pieces, add the corn the last forty minutes. When fresh corn is not used, rice may be substituted. Mold, cut in cubes, serve with each plate.

Split Pea or Bean Soup.

Soak a pint of split peas or navy beans over night. Put over fire with three quarts of water, a small piece of pork, a carrot, three onions, a potato, a salt-spoon of paprika, teaspoon of salt. Boil slowly five hours, rub through colander. Can add a dash of mustard. Serve with crouton.

A vegetable soup thick with vegetables and thickened with a tablespoon of flour or cracker, is a puree.

To Serve in Soup.**Force-Meat Balls.**

Any kind of meat, as chicken, chopped fine, season with celery salt, paprika, salt and chopped parsley or onion juice. Break in a raw egg, sprinkle over some flour, mix and roll in balls like marbles. They may be cooked in hot water, fried in a little butter, or rolled in egg and crumbs and fried in hot lard.

Cheese Timbers.

Beat white of egg very stiff, adding saltspoon of salt and speck of paprika, fold in two tablespoons of grated cheese, roll in flour, brown in hot fat.

Boiled maccaroni, cut in rings and served in soup, a slice of lemon or hard boiled yolk of egg, form a variety; also, rice and vermicelli.

Egg Balls for Clear Soup.

Yolks of 4 hard boiled eggs.
One tablespoon salt.
One saltspoon paprika.
One teaspoon melted butter.
Raw egg to moisten.

Work yolks to a powder, add seasoning and butter, with just enough beaten raw egg to form a stiff paste. Roll in white of eggs and flour, and fry in a teaspoon of butter. Shape like marbles.

Noodles.

To one egg, slightly beaten, add two full teaspoons of water, a salt-spoon of salt and flour enough to make a stiff dough, work well ten minutes. Roll it thin as a wafer, sift over flour, and roll it into a rather tight roll. With sharp knife cut it into very thin slices, let dry for an hour, drop in soup, cook ten minutes. Can be dried and used at any time in soup.

Marrow Balls.

Melt a table spoon of marrow, strain through cloth into a bowl, beat it till creamy, then add an egg, beat together. Season with salt, pepper and nutmeg. Add as much soft bread crumbs as it will moisten. Roll into balls and poach. Drop into soup just before serving.

Make sweet potato balls in same way.

Bouillon.**Three Pints.**

Three pounds of lean beef, chopped
Three quarts of cold water
One onion
One carrot
One sprig of parsley
Two sticks of celery
One bay leaf
Two cloves
Six peppercorns
One rounding teaspoon salt.

Put meat in soup kettle with cold water, covered. Stand 1 hour, simmer 4 hours, add seasoning, chopped vegetables, and simmer 1 hour. Strain and cool, then remove fat. Onions should be chopped and browned in butter. Can brown meat also, for flavor and color.

If color is not dark enough, can add caramel, which is made by placing $\frac{1}{4}$ cup of sugar in small saucepan. As edges brown draw sugar towards center with point of spoon, when it is quite brown pour over $\frac{1}{4}$ cup of hot water and keep stirring until it is quite a thick syrup. This can be bottled and used to color sauces and soups.

Clarifying Stock.

After stock is right color and flavor and while cold, set it on stove, break into it the white of an egg, with shell crushed. Stir while it is heating, when it begins to boil remove spoon, let boil 5 minutes, strain through cheese cloth and serve. It can be made the day before needed. Served cold or reheated.

In making consommé can use veal instead of beef. Grated carrot will give amber color.

Serve with egg balls, croutons, slice of lemon or sprig of parsley.

Soups without stock. Milk foundation. Nourishing, good for invalids, quickly made.

Foundation for Milk Soups.

	Small Rule.
One rounding tablespoon butter	1 teaspoon
One rounding tablespoon flour	1 teaspoon
One quart of hot milk	$\frac{1}{2}$ cup
One teaspoon salt	Speck
One-half salt-spoon paprika	Dash

Put butter in saucepan, and when it begins to bubble add flour, stir for three minutes, must not brown, add seasoning, then the milk, gradually stirring all the time.

To this foundation any cooked meat, fish or vegetable can be added and give name to soup.

Part cream or part water can be used. Whipped cream, a spoonful on each portion.

Potato Soup.

One good sized potato, boiled and finely mashed or riced, added to foundation, with 1 tablespoon of chopped parsley, makes the potato soup. A spoonful of whipped cream added just before serving improves it.

Tomato Bisque Soup.

To the foundation add the juice and pulp of $\frac{1}{2}$ can of tomatoes boiled with 1 onion and rubbed through sieve. Before adding tomatoe to foundation stir in one salt-spoon of soda.

SMALL RULE—2 tablespoons of tomatoe, speck of soda. Garnish with parsley leaf.

Green Corn Soup.

Cut down through the kernels, and scrape out the pulp of six ears of corn. Break cobs off long, put in to

boil with just enough water to cover. Boil 30 minutes and strain. There should be 2 cups of water, boil with corn pulp 10 minutes, add 1 teaspoon of sugar with salt and paprika. Make foundation, using 1 pint of milk. Serve with croutons. (Get Fritter corn if using canned corn.)

Celery, carrot, pea, bean, apple soup can be made by adding cooked pulp to foundation, also clam juice.

Lobster and salmon cooked, cut into small pieces and added to foundation, give name to soup.

Oyster Soup.

1 quart of oysters strained, rinsed in one cup of cold water and cooked in their own liquor just long enough to plump, added to the milk foundation, seasoned to taste and served with crackers

Shredded cabbage with salt, pepper and vinegar is served with oyster soup.

Oyster stew same as soup without thickening.

Purées are same as cream soups with addition of more pulp. For asparagus, boil stalks in water, rub through seive, add to foundation. Serve tips one inch long in soup.

Fish Chowder.

A chowder is really a stew of fish.

Small rule.

Two pounds of fish, cod or halibut	2 two-inch squares
Two large potatoes	2 slices (quartered)
One-fourth pound of salt pork	2 small squares
Two onions	Slice of onion
Two teaspoon salt	$\frac{1}{2}$ salt-spoon
One-half teaspoon white pepper	Speck
One pint of milk	$\frac{1}{4}$ cup
Two Boston crackers, split	$\frac{1}{4}$ cracker
One tablespoon butter	$\frac{1}{2}$ teaspoon

Remove skin, bones and fins from fish which cover with cold water and simmer $\frac{1}{2}$ hour. Strain water into kettle. Slice potatoes thin, divide slices, slice onions, cut pork into $\frac{1}{2}$ -inch dice and fry with onions in pan until

a golden color. Cut fish in 2-inch squares. In kettle with strained liquor in which bones were cooked, add potatoes, cover with water, when partly boiled add fish, onions and pork, simmer for 15 minutes, season, add scalded milk. In tureen, place crackers and butter, pour chowder over and serve.

One cup of tomato sauce can be added.

Clam chowder is made in same way substituting clams for fish. Clams should be cut fine.

To Extract Clams from Shell.

Wash in cold water, put them into a large pot over the fire with $\frac{1}{2}$ cup hot water, cover, the steam will cause clam shell to open, turn into colander over a pan and extract meat from shell, cut off the black end.

CHAPTER IV.

Cereals.

The name given to all plants of the germinaceous family. Also name given in honor of the goddess Ceres, to a feast instituted at Rome, and celebrated every year on the 7th of April. The nitrogenous matter resembles caseine more than gluten.

Oatmeal is rich in food for muscle and brain. Useful for children and laboring men. Irritating to many whose digestive organs are weak. Like "bean porridge hot," it is best after very long cooking, owing to the softening of fibre and a sweetening due to the formation of sugar. It is ground in different grades of coarseness. Some brands are partly cooked before they are put up for sale, and time for cooking varies. (Observe directions given on packages.)

In cooking have salted boiling water, into which sift cereal with hand, stirring with fork that the grains may not be broken. After absorbing much water let steam in double boiler, occasionally stirring until creamy and grains unbroken. Turned into fancy molds or cups, it is good cold, with cream.

Rice is nearly all starch. Requires fat or milk. Barley, rich in phosphates, contains starch and mucilage. Good in fever.

Composition of Oat Meal.

Proteid (muscle).....	12.6	per cent.
Carbo-hydrate (starch)....	63.8	" "
Fatty matter.....	5.6	" "
Mineral matter.....	3.	" "
Water.....	15.	" "
	100.00	" "

Some cereals absorb more water in cooking. Length of time for cooking varies.

Hominy requires 3 times as much water; cook 3 hours. Farina, 3 times; cook 1 hour. Scotch oat meal, 4 times; cook 3 hours. Rolled oats, 4 times; cook 1 hour. Yellow corn meal, 6 times; cook $\frac{1}{2}$ hour. Ralstons, 6 times; cook 10 minutes. Rice, 8 times; steam 2 hours.

Corn Meal Mush.

Put three pints of boiling water in heavy kettle, 1 teaspoon salt. Mix 1 tablespoon of flour with water to thin paste, add to boiling water, stirring with wooden spoon. Then sift in meal with left hand while stirring with right until all is added. Stir for $\frac{1}{2}$ hour. Serve hot with salt and milk.

Fried Mush.

Turn mush while hot into narrow, oblong bread pan previously wet with cold water. Next day cut into half-inch slices and brown in hot fat. Breakfast dish.

Macaroni and Cheese.

One-third of a pound of Italian macaroni. Break into 3-inch pieces, boil in salted water until tender, drain. In baking dish put a layer of macaroni, then a layer of cheese, then the second layer. Season with salt and paprika. Pour over a cup of white sauce, sprinkle cheese over top, and bake until sauce bubbles up through. Can pour over tomato sauce.

Spaghetti can be used same; served with fish. Good food.

Mix boiled macaroni with minced chicken or veal. Pour brown or white sauce over. Macaroni boiled and basted with beef drippings from roast, can be served instead of potato.

Farina and hominy prepared the same

To Boil Rice.

Have two quarts of boiling water in heavy kettle; 1 tablespoon of salt.

Put 1 cup rice in strainer and let water run on it to remove floury coating. Drop it gradually into rapidly boiling water, occasionally stir bottom with fork. At end of fifteen minutes try if grains are soft. Drain off water, cover with cheese cloth to dry out or put in colander, cover, and set in oven. Every grain will be separate. Used in place of potato.

To rice add a cup of strained tomato as a vegetable.

To Steam Rice.

Wash one-half cup rice thoroughly, put it in double boiler with one cup of cold water and $\frac{1}{2}$ teaspoon salt, steam until water is absorbed, add 1 cup milk, stir a little from bottom, steam until milk is absorbed, add 1 tablespoon of butter, serve with milk or make a rice pudding.

In baking dish put quart of milk, $\frac{1}{2}$ teaspoon of salt, 1 teaspoon of sugar, 2 tablespoons of washed rice; occasionally stir, leaving in very slow oven five or six hours. Good for invalid.

Rice can be served with a curry sauce or with grated cheese.

Use as stuffing for fowl.

CHAPTER V.

Vegetables.

Vegetable food includes some part of every form of plant life; roots, potatoes, carrot, turnip, parsnip, beets, radish, artichoke.

Stem, asparagus

Scaly bulb, onion

Flower, cauliflower

Juices, sugar, acids, honey, oil, gum, wine

Bark, cinnamon

Unexpanded flower buds, as capers, or dried as cloves

Fungi, mushrooms, truffles

We need a large amount of vegetable food to promote perfect food. They are rich in salts, which counteracts the effects of too much animal food. All vegetables need salt and some kind of fat. Peas, beans, squash, turnip, which contain sugar, should be slightly sweetened as in cooking some of their natural sweetness is lost.

Green vegetables should be freshly gathered, washed thoroughly in cold water, and cooked in salted boiling water only long enough to soften them. Cover should be partially removed in order to preserve color and flavor. When done, remove water.

Uncooked or badly cooked vegetables impose labor upon the digestive system, are not digested, no food value.

Potatoes increase flesh.

Potatoes.

Potatoes are 3 parts water, contains starch, acid and phosphates. Not a good food alone.

A brush is useful for cleaning vegetables.

Boiled Potatoes.

Pare, thinly, six potatoes and keep in cold water until ready to use. Put in boiling water for about thirty

minutes, add 1 teaspoon of salt; drain, cover with one thickness of cloth until ready to serve. Stand kettle on asbestos mat.

Mashed Potatoes.

For six boiled potatoes, 1 tablespoon butter, $\frac{1}{2}$ cup hot milk, salt to tast. Mash potatoes, then beat with fork, add the butter, beat, then add milk, beat until light; serve at once, heaped in a vegetable dish, very hot.

Mashed potatoes left over can be shaped into cylinders or balls, rolled in egg and crumbs and fried. Be served for breakfast or luncheon. Also sweet potatoes, Mashed potatoes made into mound-shape on cooking plate, brushed over with egg or butter and browned for dinner. Garnish with parsley.

Baked potatoes most digestible; old potatoes more starchy. Bake in hot oven until soft, and serve at once.

Stuffed Baked Potatoes.

Select potatoes of even size, cut in halves lengthwise, remove thin slice from bottom so they will stand. Bake, cut around $\frac{1}{2}$ inch in, remove skin formed—then with spoon scrape out potato, leaving shell. Mash, having about same amount of boiled potato with it. Mash, using a little more butter and milk than for mashed potatoes. can add beaten egg—fill shells heaping, leaving top rough, over which sprinkle a few buttered crumbs—brown in oven and serve.

Creamed Potatoes.

Cut cold boiled potatoes into $\frac{1}{2}$ inch cubes. Make a white sauce into which put potatoes. Heat thoroughly. Serve hot.

Shoo-Fly Potatoes.

Cut potatoes lengthwise into very thin slices, then cut into finest strips. Soak in a bowl of water containing a teaspoon of salt, stand, to remove starch, 30 minutes.

Drain and dry in cheese cloth. Fry a golden brown, drain on paper or cheese cloth. Sprinkle with salt and serve as a pretty garnish for a meat dish.

Potatoes sliced, soaked in salt water, drained and fried are good. (Saratoga.)

Potatoes riced and seasoned with butter and salt is served.

Sweet potatoes are baked or boiled, skinned and served. Cut in half lengthwise, brushed with butter and browned are very appetizing.

Raw potatoes pared, cut into little balls with scoop for garnish.

All vegetables grown above ground require rapidly boiling salted water, partly uncovered.

All vegetables grown below ground, salt added after cooking (except onions) which, with cabbage, should be boiled in two waters.

Onions.

Skin, cook in boiling salted water 10 minutes, drain, change water, boil until tender, drain, partly cover with milk, cook 10 minutes. Season with salt, pepper and butter, or serve with white sauce.

Scalloped Onions.

MRS. H. T. MILLER.

Slice six good-sized onions, parboil in salted boiling water until tender (about 10 minutes). In baker spread a layer of bread crumbs, then a layer of onions. Season with salt, pepper and a little butter, then another layer of crumbs and onions. Pour over a cup of white sauce, soft buttered crumbs over top. Bake in oven until sauce bubbles up and crumbs brown. Serve in same dish.

Escalloped Corn.

ELIZA C. AUSTIN.

Put alternate layers of cracker crumbs and corn until a quart of corn has been used. Season each layer with

bits of butter, salt and pepper. Let the last layer be of cracker crumbs with seasoning on top. Pour in plenty of sweet milk and bake until the top is a light brown.

Cauliflower.

Leaves should be green, heads firm and white. Trim, soak in cold water, top down, 1 hour; cook in salted boiling water 30 minutes. Serve whole in hot shallow dish; or flowers separated, serve with white or Hollandaise sauce.

Turnips and Carrots.

No starch—gelatinous. Good in soup. Peel turnips, quarter, cook until tender, mash, draining any water. Season with salt and butter or cut into dice. Cook and mix with white sauce. Scrape carrots. If old do not use center. Cut into halves, strips or cubes, cook until tender. Serve with butter, salt and pepper or white sauce. Carrots and turnips can be served on same dish, alternate groups with peas in center, or served together, with salt, pepper and butter.

Beets.

Clean, not cut, cooked until tender in boiling water, skinned, cut in half, quarter and smaller sections. Served with salt, pepper and butter or sliced with vinegar poured over. Can serve with white sauce.

Tomatoes.

Served raw or cooked.

6 ripe, scald for 1 moment, remove skin, stew in saucepan twenty minutes. Season with 1 tablespoon butter, 1 teaspoon salt, 1 salt-spoon paprika, bread, 1 teaspoon sugar. Serve.

Scalloped Tomatoes.

One can tomatoes or a quart of stewed, one coffeecup of bread crumbs or grape nuts, 1 tablespoon sugar. Butter an earthen dish, put in a layer of crumbs or grape nuts, sprinkle with pepper, salt and sugar, then a layer of tomatoes and a very little butter. Alternate until the dish is full, the last being crumbs or grape nuts, dotted with bits of butter. Bake one-half hour. This is nice without sugar.

Both Feel**What Proper Food Does for Both Mind and Body.**

Physical health, mental health, indeed almost everything good on this earth depend in great measure upon proper food.

Without health nothing is worth while and health can be won almost every time by proper feeding on the scientific food Grape-Nuts.

A California trained nurse proved this: "Three years ago I was taken very sick, my work as a trained nurse having worn me out in body and mind, and medicine failed to relieve me at all. After seeing a number of physicians and specialists and getting no relief I was very much discouraged and felt that I would die of general nervous and physical collapse.

"My condition was so bad I never imagined food would help me but on the advice of a friend I tried Grape-Nuts. The first package brought me so much relief that I quit the medicines and used Grape-Nuts steadily three times a day. The result was that within 6 months I had so completely regained my strength and health that I was back nursing again and I feel the improvement in my brain power just as plainly as I do in physical strength.

"After my own wonderful experience with Grape-Nuts I have recommended it to my patients with splendid success and it has worked wonders in the cases of many invalids whom I have attended professionally." Name given by Postum Co., Battle Creek, Mich.

Look in each package for a copy of the famous little book "The Road to Wellville."

Baked Tomatoes with Grape Nuts.

Slice off the tops of large tomatoes, take out the inside with a spoon and stuff with a filling of grape nut tomato pulp, onion juice, salt and pepper, sage and a hard boiled yolk of egg into which an equal amount of butter has been worked. Bake in a deep buttered pan for half an hour. Garnish with sections of hard boiled egg and sprays of cress.

Baked Apples and Grape Nuts.

Core six large apples (Greenings preferred) filled with grape nuts, sugar and a few drops of lemon juice. Bake in slow oven, basting frequently with syrup from the apples. When done, sprinkle with powdered sugar.

Asparagus.

Asparagus stalks are tender only so far as they will snap when bent, cut off tough ends, wash, tie in bunches, tips all together, boil in salted water until tender. Place on buttered toast, remove string. Serve with white sauce.

Asparagus Tips.

Cut one inch long, boil ten minutes and serve in white sauce. Can serve in bread cruets or tontage cups as entrée.

Boiled Cabbage.

Cut cabbage in good sized pieces, remove outer leaves. Put cabbage in large kettle of boiling water, salted, 1 salt-spoon of soda, boil 10 minutes, change water, boil 30 minutes, drain in colander, place in dish and serve. Can add butter, salt and pepper or white sauce.

Brussels sprouts cooked in same way.

Hot Slaw.

Cabbage in fine shreds, 3 cups. Boil until tender in salted boiling water; drain, pour over it a hot sauce made of 1 tablespoon of butter, 1 teaspoon of sugar, $\frac{1}{2}$ teaspoon

salt, $\frac{1}{2}$ salt-spoon paprika, $\frac{1}{2}$ cup vinegar. Cover saucepan and let it stand back on range five minutes. Serve.

Cold Slaw.

Three cups fine shredded cabbage; pour over it vinegar, salt and pepper; or dress it with sour cream or French salad dressing.

Egg Plant.

Cut egg plant into slices after removing skin; sprinkle with salt, pile one upon another on back of plate. Place plate on them to press out the juice. Lay them in egg and crumbs; fry in hot fat.

Stuffed Peppers.

Use green sweet peppers; cut them in two, lengthwise, removing seeds and partition. Parboil 5 minutes; fill each with stuffing made of equal parts of crumbs and minced meat, seasoned with salt, pepper, onion juice, catsup and butter. Place them over a dish with water $\frac{1}{2}$ inch deep, bake in moderate oven $\frac{1}{2}$ hour. Serve in same dish.

Peas.

Shell peas, boil in salted water until tender; if old add 1 salt-spoon soda and little sugar; serve with butter, salt and pepper or white sauce.

Celery.

Cut celery into one-inch pieces, boil until tender and serve with white sauce, or dip in milk, flour and fry.

Artichoke Bottoms.

Remove all the leaves and choke. Trim the bottom into good shape, boil in salted water; serve with Bechamel or Hollandaise sauce.

Sweet Corn.

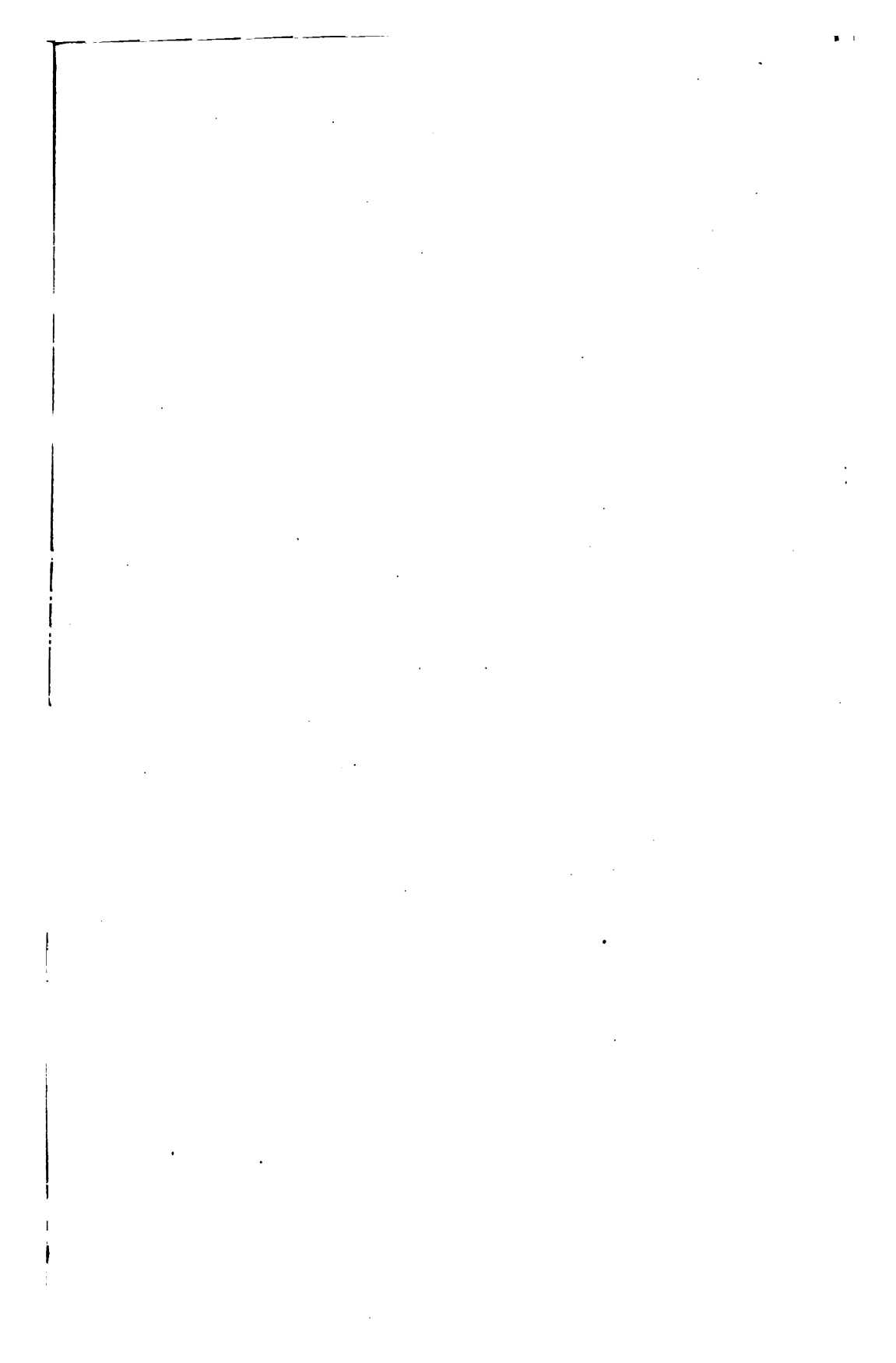
Have large kettle of boiling water; remove husks from corn, put into water and boil 5 minutes. No salt.

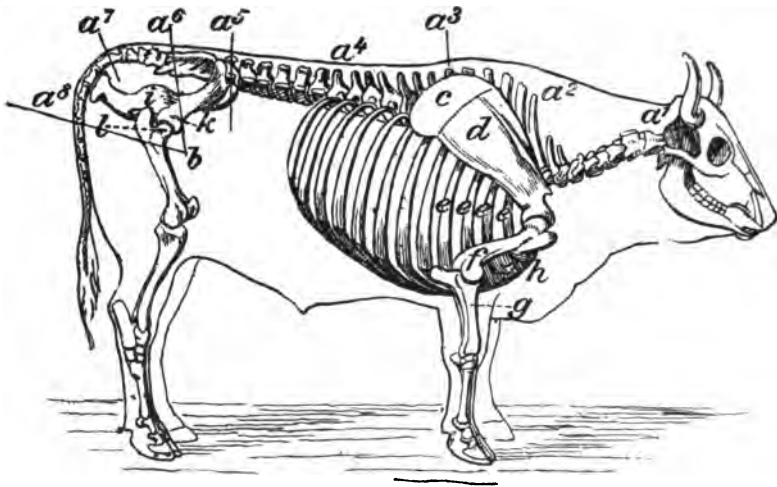
Spinach.

Soak in water, wash and pick over very carefully, put in a kettle without water, adding teaspoon of salt to each 2 pounds. Moisture in it will be sufficient to cook. Stir well, when well wilted drain, season with salt, pepper and butter, serve or chop fine; serve on slices of toast, garnished with hard boiled eggs.

Parsnips.

Scrape, cut in slices lengthwise, boil in salted water until tender, sauté in hot fat, or cut in cubes, boil until tender, mix with same amount of white sauce and serve.





Location of bones in the different cuts of Meat. Study the Anatomy of Fowl and Animals.

a to a² neck; a³, six chuck ribs; a³ to a⁴, seven prime ribs; a⁴ to a⁵, loin or porterhouse; a⁵ to a⁶, sirloin; a⁶ to a⁷, rump piece; a⁷, where rump is divided; c d, shoulder blade; e e e e, cross ribs; f g, bones in shoulder; h, sternum; i, head of thigh bone; k, socket; l, ball.

CHAPTER VI.

Meats.

Flesh and muscle-forming. Meat consists of fibrine, albumen, gelatine, fat and juices, and should be cooked in such a way as to retain the largest proportion of its juice, unless we wish the juice in the liquid, as in soups or stews. Long, slow cooking, breaks down the fibre, and so makes it more tender. Tough pieces can, by slow cooking, be made as acceptable as the more expensive ones.

In order to shut in the juices meat should at first be subjected to a high degree of heat for a short time. A crust will be formed on outside by coagulating of albumen, after which heat should be lowered and the cooking be done slowly. Same for boiling.

Dark meats should be underdone or red; the white meat thoroughly cooked.

Dry meats are improved by being larded.

Salt and pepper draws juices out of meat while cooking. Do not wash meat but wipe with wet cloth. Do not pierce meat with fork while cooking.

Pork is good only in the fall and winter unless salted.

Veal in the spring.

Venison in the winter.

Fowl in autumn and winter.

Lamb in the spring and summer.

Mature animals more nutritious than young.

In broiled meat juice all in the meat.

Beef.

Beef is most nutritious. Most expensive part—hind-quarter between the rump and ribs.

Best parts for roast—sirloin, prime ribs, shoulder rump and round.

Best parts for steaks—sirloin, porterhouse, shoulder, flank, round.

Stews—cheaper parts.

There are nine sirloins, fourteen porterhouse, eight shoulder or chuck, flank, hamburger.

Time for broiling—one-inch thick, six to eight minutes; one and one-half-inch thick, eight to ten minutes.

Rib roast—eight pounds, twelve minutes per pound. Wipe with damp cloth, dredge with flour, sift over salt and pepper, put it into a pan on a rack and in a very hot oven. After twenty minutes, reduce the heat, bake slowly until done. Water put in pan prevents browning. Press with fork on the meat. If juice is red, meat is done; if purple, not done. Bones can be removed and meat rolled, but much flavor is lost. Iron skewers are needed. First two ribs for small family, second and third prime.

Gravy.

When meat is done, put it in dish in oven, drain off fat from pan, set pan on top of stove without rack, put in pan a tablespoon of flour, stir well until smooth, add hot water till right consistency, strain in gravy dish and serve. Season.

Yorkshire Pudding.

One-half hour before dinner is served, place in bowl 1 cup of sifted flour, 1 cup of milk, 1 egg, 1 salt-spoon of salt. Have pop-over irons or cups hot and greased. Some prefer an iron pan that meat rack can rest on. Make well in middle of flour, into which break egg, one-half of the milk and salt, stir with wooden spoon until smooth, add rest of milk, stir and beat with Dover egg-beater until full of bubbles. Fill irons one-half full, put in oven, and, after twenty minutes, baste with some fat

from roasting-pan. If large pan is used, the meat rests on pan and fat drips over. Serve around roast as garnish.

Braised Beef.

Five or six pounds of round or flank steak. If flank remove skin, score and dredge with flour, salt and pepper and roll or dredge round of meat. In heavy kettle put one-fourth pound of salt pork, cut fine one-half a carrot, one onion, stick of celery, three cloves, three peppercorns and place meat upon them. Cook twenty minutes, turning, then add a cup of stock or water. Cover. Cook very slowly four or five hours, turning, often adding more water if necessary. When serving strain the sauce and season. Pour a little over the meat. Serve the rest in a sauce-boat.

Meat Pie.

Slice thin pieces of left-over meat, beefsteak, veal, or both, cover with stock or water, left-over gravy, an onion sliced, two small potatoes. Stew until tender. Make a biscuit dough. Roll out one-third inch in thickness, cut round one-half inch larger than top of dish in which it is to be baked. What remains put around the sides of dish over edges. Put meat in, dredging top with flour, lay over top crust, press edges together, glaze top, bake till crust is brown. Set dish on cold plate.

Corned Beef Hash.

One cup corned beef, lean and fat	Small Rule. $\frac{1}{2}$ cup
One cup of potato	$\frac{1}{2}$ cup
One-fourth cup water	2 tablespoons
One teaspoon butter	$\frac{1}{2}$ teaspoon
One salt-spoon salt	Speck
One-half salt-spoon paprika	Dash

Chop meat very fine, chop potato coarse—mix lightly, In frying pan put butter, add hash, pour the water over, season. When brown on bottom, fold like omelet, loosen

from bottom of pan, turn out on platter. Garnish with parsley. Can serve with tomato sauce.

Fillet of Beef.

About 3 or 4 pounds, trim and lard with little strips of pork cut lengthwise. In baking pan lay strips of salt pork over which lay slices of onion and carrot. Place tenderloin on top. Put in hot oven, baste frequently with a tablespoon of butter in $\frac{1}{4}$ cup water on stove, after 10 minutes reduce heat, bake gently for 20 minutes. It needs to be better done than roast beef. Remove to platter, turn the thin end under. Garnish with potato balls or shoe fly potatoes. In carving, cut in a slanting line. Prepare gravy as for roast beef—can add a glass of wine.

Broiled Steak.

Steak should not be thin. Have bed of hot coals and hot broiler, double wire broiler. Trim steak, cut through skin several times that it will not curl. Grease broiler with suet, place steak on broiler, hold very close to fire for two minutes, turn over, sear, then turn every minute until steak is heated to center, red not purple, sprinkle with salt and pepper. Press meat to see if done. Remove to hot platter, put on it 1 tablespoon of butter, set in oven 1 minute and serve very hot.

If broiling on gas stove, light both oven burners 4 minutes before using, having broiler near flame. Proceed as with coal stove, after 4 minutes turn flame down one-half. In broiling give entire attention.

Any vegetable served with beef.

Left over beef makes nice salad.

Beef Steak and Onions.

ROUND STEAK—In iron frying pan put a tablespoon of butter and six sliced onions. Stir until a golden brown. Remove and put in the beef steak, searing, then turning

every minute. Season with salt, pepper and butter. Serve on platter spreading onions over, with the gravy from frying pan—serve very hot.

Hough Jelly.

MRS. C. E. B.

Put a shin of beef into a pot with 2 quarts cold water, and simmer four or five hours, till liquor is reduced to about a quart. Take out the meat, cut fine; put it into the liquor with salt, pepper, teaspoon of thyme, summer savory, parsley, a cup of vinegar, a teaspoon mixed spices. Turn into a square mold. When cold it will be a stiff jelly and is a good relish.

Cold Roast Beef.

Cold beef can be made into a pie, croquettes, hash without potatoes with a nice butter gravy, served on toast, or chopped very fine, seasoned, stirred into fritter batter and fried in hot fat. Nice for breakfast, can use with mushrooms.

Mutton.

Mutton next to beef in nutrition. Good mutton—three years old. Lamb—one year. Cut up from loin. If two hindquarters are used together, it is called a saddle. If split down the back and then divided it is called hind and forequarter.

The fat of mutton should be white, the meat bright red. The flavor, disliked by many, comes from the oil of the wool. Remove the pink skin to avoid it.

Turnips, carrots, asparagus, are vegetables with mutton, tomatoes and peas.

Peas with lamb.

Caper sauce with boiled mutton.

Mint sauce with roast lamb.

Tomato sauce with chops.

Roast Leg of Mutton or Forequarter.

Remove pink skin, cut bone short, place in hot oven for twenty minutes, add a cup of hot water and baste frequently. Allow fifteen minutes to each pound. When served garnish with parsley. Use lemon juice in sauce. Carve through center. Can remove shoulder bone and stuff.

Crown Roast.

Have a full loin, split between bones, trim bones like French chops and chop off even, wrap slice of larding pork around each bone, so it will not burn, roll the loin backward to form a circle and tie, baste while roasting. Allow thirty minutes to a three-pound crown. Serve with potato balls or peas. Put a ruffle of paper on each bone.

Boiled Mutton (Underdone).

Place leg of mutton in kettle with just enough water to cover, boil rapidly for fifteen minutes, then simmer till done, keeping covered; add one teaspoon of salt to water; can add an onion and carrot. Use stock in which it is boiled, to make caper sauce.

Mutton Chops.**English Chops--Loin Chops.**

One-inch thick, made round and skewered.

French Chops.

Rib meat scraped from bone and trimmed.

German Chops.

Meat scraped from bone, which is cut shorter, a slit in thin end of meat and slipped over bone.

Broiled Chops.

Broiled over or under hot fire or in an iron frying-pan for five minutes, turning often. Dish up on warm platter, sprinkle with salt, pepper and butter or maitre d' hôtel sauce. French chops overlapping each other with peas massed in center, garnished with parsley.

Mutton Stew.

ELIZA SPINNEY.

Two pounds of shoulder cut in two-inch pieces, or thin slices of cold cooked mutton, cover with cold water, stand 30 minutes, then let come to a boil quickly, then simmer, add 1 teaspoon salt, 1 salt-spoon pepper, 1 sliced onion, 1 turnip, 1 carrot, 2 potatoes sliced—can use 1 salt-spoon of curry powder or $\frac{1}{4}$ cup of tomato sauce. Thicken gravy with 1 teaspoon of flour mixed to a paste with water.

In making a stew part of juice is left in meat, part in water.

Stew usually has vegetables, dumpling.

Ragout, stew highly flavored with wine.

Salmi, stew of game.

Chowder, stew of fish.

Dumpling.

One pint flour.

2 rounding teaspoons baking powder.

1 teaspoon salt.

Milk to make stiff batter.

Small Rule.

$\frac{1}{4}$ cup.

$\frac{1}{4}$ teaspoon.

1 salt-spoon.

2 tablespoons.

Make resting place and shove from tablespoon like balls, cover, boil 10 minutes, uncover to dry out. Serve around platter.

Chops en Papilote.

Wipe, trim and dip in salad oil, wrap in paper, folding edges, broil 5 minutes, season and serve.

Veal (Young Beef).

Veal is not very nutritious, has not much flavor and needs to be highly seasoned. It should be thoroughly cooked, should be eaten with potato or rice, or bacon and jelly which furnishes the fat and sugar wanting in the meat. The lower part or knuckle used for soup or jelly; cutlets from thickest part of leg; loin for chops or roast, breast for roast, neck for stew or soup.

The shoulder and breast of veal with shoulder bone removed and stuffed makes a good roast.

Vegetables—Cucumbers, tomatoes, beans, cauliflower.

Fricandeau of Veal.

Thick part of leg—larded—roasted on a bed of pork fat, herbs, onion and celery, basted frequently with stock in pan. Served with horseradish sauce.

Breaded Veal.

Cutlets from leg cut thin, trim in pieces for serving. Dip in fine sifted bread crumbs, egg slightly beaten with one tablespoon of water, then in crumbs. Cook slowly in hot drippings until a golden brown. Serve with tomato sauce. Garnish with parsley.

Veal Loaf.

Two pounds of veal, $\frac{1}{2}$ pound fresh pork $\frac{1}{4}$ pound salt pork, all chopped fine. Mix with 4 butter crackers rolled, 2 eggs beaten, 1 teaspoon salt, 1 salt-spoon paprika, 1 tea spoon of mixed spices, $\frac{1}{2}$ onion chopped. Shape into a roll. Roll in egg and crumbs, bake an hour basting frequently with butter and water. Luncheon dish; best cold.

Calves' Liver.

Cut thin, dip in boiling water for 1 minute, dip in flour and sauté in bacon fat. After removing can add 1 tablespoon of dry flour to pan, stir three minutes then add hot water until right consistency. Serve in dish with liver garnish with strips of crisp bacon.

Sweetbreads.

Sweetbreads are part of the digestive system of the young animal. Thymus is throat sweet bread and the pancreas. The thymus is long and narrow and sometimes separated and sold for two. The thymus is tender and good for an invalid. The delicate flavor is brought out when sautéed.

To Prepare Sweetbreads.

Put in cold water, remove pipes and membranes, cook them in salted boiling water, containing a teaspoon of lemon juice, 20 minutes, then in cold water to harden.

They may be larded, baked until brown, basted with brown stock served with peas.

They may be rolled in crumbs and fried in hot fat, can be cut into small pieces mixed with equal parts of mushroom and covered with cream sauce. In this way they can be served in individual cups sprinkled over with buttered crumbs and browned in oven.

Sweetbread Loaf.

Two sweetbreads, $\frac{1}{2}$ cup whole wheat shred, 2 eggs, 1 slice onion, 1 teaspoon salt, 1 teaspoon lemon juice, $\frac{1}{2}$ teaspoon mixed spices, 1 slice chopped pork; mix together, roll in egg and crumbs. Bake in quick oven thirty minutes. Serve in dish with peas, brown sauce. Brains can be prepared same as sweetbreads. Kidneys not wholesome food.

Heart can be stuffed and baked, larded with bacon.

Pork.

Pork makes a delicious flavoring for cooking other meats, and salted pork and bacon should be kept in the house. Roasting pieces are the spare rib, the leg, the loin, the tenderloin and the shoulder. Sage is used for seasoning with salt. Cabbage, squash, apples, beans, parsnips, are the vegetables to serve. Roasting brings out the flavor. Allow twenty minutes to each pound. The skin is tough, and must be cut in strips or it shrinks up. Baste often. Chops can be broiled or sautéd, seasoned with butter, salt and pepper.

Pork tenderloin must be wiped, split, oiled and broiled, seasoned with salt, pepper and butter.

Breakfast Bacon.

Cut off the rind, slice very thin, cook in a hot frying-pan till fat has fried out and bacon dry and crisp.

To Fry Ham.

Cut in very thin slices, broil or sauté just long enough for edges to brown and ham heated through or it will grow hard.

Boiled Ham.

Put in a kettle of warm water and let come to a boil. Boil rapidly ten minutes, then simmer until nearly tender. Remove from fire, ham remaining in water two hours. Peel off the skin, sprinkle over with a little sugar and bread crumbs, put in oven to brown. Baste with vinegar. Serve with a jelly or mustard sauce. Cut in very thin slices.

Sausage.

Two pounds of fresh pork—one-third fat—1 teaspoon salt, 1 salt-spoon each of paprika, sage, clove and cinnamon. Chop or grind very fine. Shape into balls, roll in flour, fry in hot pan. Use in winter.

Crumpy Pork.

MARY GRIDLEY.

Thin slices of fat salt pork, soak in water thirty minutes, dry in flour, brown quickly in hot oven. Serve on toast with baked potatoes.

Pork and Beans.

Pea bear more delicate than larger ones. One pint of beans will soak to one quart.

Soak 1 pint of beans over night after picking out poor ones. In the morning put in kettle of cold water and par boil 10 minutes bringing slowly to a boil. Drain water, add more with a slice of onion, a salt-spoon of mustard. When beans are nearly tender add $\frac{1}{4}$ pound of pork, skin, cut in fine lines, cook a little.

In bean pot put a teaspoon each of salt and molasses, put beans in, make a resting place for pork, cover with bean water. Put cover on and bake 5 to 8 hours adding more water as it is absorbed. Remove cover and brown half hour before serving. Left-over beans good for salad or soup.

Boston Brown Bread.

Small Rule.

One cup corn meal.	1 tablespoon.
One cup Rye flour.	1 tablespoon.
One cup Graham.	1 tablespoon.
One teaspoon salt.	1 salt-spoon.
One teaspoon soda.	1 salt-spoon.
One-half cup molasses.	$\frac{1}{2}$ tablespoon.
Two cups sour milk.	$\frac{2}{3}$ tablespoons.

Can add 1 cup of raisins.

Mix in order given, sifting soda in flour. Put in mold, lard pail or baking powder cans, steam 3 hours.

Indian Meal Pudding.

Small Rule.

One cup yellow corn meal.	1 tablespoon.
One cup molasses.	1 tablespoon.
One teaspoon salt.	Speck.
One quart boiling milk.	$\frac{1}{4}$ cup.
One tablespoon butter.	Salt-spoon.
Three pints cold milk.	3 tablespoons.
One cup cold water.	1 tablespoon.
Two eggs.	1 tablespoon.

Pour scalding milk over meal, stir, beat eggs, mix all ingredients together, stir in meal, put in well-buttered pudding-dish, bake slowly six hours. Can add one cup currants.

CHAPTER VII.

Sauces.

The success of French cooking is due largely to their sauces, to which much care is given. The basis of most meat sauces is butter and flour, cooked together, which make a roux or thickening. If for a white sauce, the flour is not colored; browned for brown sauce, to this is added seasonings to suit the dish. For meats, it is the flavor of vegetables or herbs; for entrées, the flavor of meat or cream and eggs. The flavor of vegetables can be had by frying them in a little butter used in making the roux. The French prepare it and keep it on hand ready for use. For preparing it they use a shortening made of suet, lard and pork.

The French say Americans use too much flavor, seasoning and wine.

White Sauce.

One tablespoon butter.

One tablespoon flour.

One cup warm milk.

One-half teaspoon salt.

One-fourth teaspoon white pepper.

Small Rule.

$\frac{1}{2}$ teaspoon.

$\frac{1}{2}$ teaspoon.

2 tablespoons.

Speck.

Dash.

Into saucepan put butter; when it bubbles add flour, stir with wooden spoon until smooth, season and add milk a little at a time, stirring all the time, gentle fire under. Use double boiler.

Béchamel sauce is same as white except using stock instead of milk and onion first fried in the butter.

To make perfect sauces a veal stock is desirable; the roux, with stock, carrot, bouquet of herbs, mace, bay leaf, cooked until butter comes to the top, strained and beaten with whisk. Whole herbs much better than broken up.

Egg Sauce.

Same as white sauce, with a raw egg beaten in or a hard boiled egg chopped and stirred in. For fish.

Curry Sauce.

Same as white sauce, adding a salt-spoon of curry powder. For eggs, chicken, mutton or rice.

Soubise Sauce--Chops.

Fry four onions, until soft, in a tablespoon of butter, press through a strainer and mix with a cup of brown sauce.

Tomato Sauce. Meats, Entrées.

Same as white sauce, except substituting a cup of strained tomato in which an onion has been cooked, for milk or stock add 1 salt-spoon of paprika and three cloves.

Allemande Sauce. Fish and Vegetables.

Make white sauce, using chicken stock. Remove from fire, adding two yolks beaten with half cup of cream, a tablespoon of parsley or truffles and a dash of nutmeg. Put on fire to thicken but not boil, beat after removing from fire. Fine to mix with meat for croquettes.

Caper Sauce. Boiled Mutton.

To one cup of Béchamel sauce add two tablespoons capers.

Mushroom Sauce. Beefsteak, Meats.

Béchamel sauce, using brown stock, $\frac{1}{2}$ cup stock, $\frac{1}{2}$ cup of liquor from mushrooms, add a cup of button mushrooms previously fried in a teaspoon of butter; add a teaspoon of lemon juice, a teaspoon of chopped parsley. Sauce served on dish with meat, mushrooms served around as garnish.

Mint Sauce. Lamb.

One bunch of mint leaves chopped, $\frac{1}{4}$ cup sugar, $\frac{1}{2}$ cup vinegar; scald vinegar and sugar, add mint just before serving.

Jelly Sauce. Game and Mutton.

Melt in a saucepan a cup of currant jelly, add one tablespoon of butter, boil a minute before serving, add a tablespoon of sherry wine.

Horseradish Sauce.

MRS. A. C. PHELPS.

Add grated horseradish to some soup stock, add a spoonfull of fat from the stock, $\frac{1}{2}$ cup vinegar, salt-spoon salt, sugar and cinnamon and a half a lemon. Let come to a boil then stir in enough horseradish to make quite thick. If too thin add some bread crumbs.

Hollandaise Sauce. Fish, Vegetables.

In a bowl rub to a cream $\frac{1}{2}$ cup butter; add yolks of 4 eggs, beat well; juice of half lemon, $\frac{1}{2}$ teaspoon salt, half salt-spoon paprika, then add slowly $\frac{1}{2}$ cup hot water, mix well, set bowl in pan of hot water, stir constantly until like thick cream. Do not boil; remove, stir for a few minutes. It should be creamy. Good cold.

Bread Sauce. Game.

Put in saucepan a pint of milk with a small onion sliced; when scalded add enough fine bread crumbs to thicken, season with a tablespoon butter, half teaspoon salt, a dash of paprika. Brown coarse crumbs in a pan with a tablespoon of butter and a dash of paprika, which serve on a dish with game; serve sauce in boat.

Cranberry Sauce.

Wash and pick over a quart of cranberries. Put in a porcelain kettle, cover with water, cook until tender, add 2 cups of sugar, heat 5 minutes without stirring much. Serve with berries or strain, boil 5 minutes more, pour in mold to cool.

Apple Sauce. (Goose, Pork).

Peel and quarter six tart apples. Put in porcelain dish with water enough to cook, when tender season with nutmeg and serve hot.

Sauce Tartar.

Mayonnaise, in which is chopped pickles.

Sour Sweet. (Venison, Sweetbreads.)

Mix together 2 tablespoons brown sugar, 1 tablespoon each of chocolate, candied orange and lemon peel, 10 blanched almonds, $\frac{1}{4}$ cup currants a cup of vinegar, a bay leaf, soak together 2 hours. Pour over cooked meat, simmer ten minutes.

Pudding Sauces.

Pudding Sauces Easily Made.

Serving same pudding with different sauce makes it a different dish.

Hot puddings can be served with cold sauces, jellies. Creams and blanc manges served with whipped creams or fruit sauces

Plain Pudding Sauce.

Three-fourths cup sugar.	Small Rule. 1 $\frac{1}{2}$ tablespoon.
Two cups boiling water.	$\frac{1}{4}$ cup.
One teaspoon butter.	salt-spoon.
Zest of lemon.	speck.
One tablespoon of corn-starch or flour.	$\frac{1}{4}$ teaspoon.
Teaspoon flavoring vanilla or wine.	8 drops.

Dilute corn-starch with a little water, stir into it the boiling water, add the sugar and stir until the starch becomes clear, add butter and flavoring.

Foamy Sauce.

One-half cup butter.	Small Rule. 1 teaspoon.
One cup powdered sugar.	2 teaspoons.
One teaspoon vanilla.	6 drops.
One-fourth cup boiling water.	$\frac{1}{2}$ teaspoon.
One egg white.	1 teaspoon.
Two tablespoons sherry.	

Cream the butter, add sifted sugar gradually, flavor, beat well. Just before serving, add the boiling water then the stiffly beaten white. Sauce should be foamy.

Creamy Sauce.

A white sauce, sweetened, flavored and beaten white of egg folded in.

Brandy Sauce. Plum Pudding.

Two cups water, 1 cup sugar. When sugar is dissolved and water boils add heaping tablespoon corn-starch or arrowroot diluted in cold water. Stir until corn-starch is clear; remove from fire. Add two tablespoons liquor, salt-spoon mace.

Fruit Sauces.

Fruit pulp and juices thickened with arrowroot and sweetened.

Chocolate Sauce.

Boil for 5 minutes a half cup each of sugar and water, add one-fourth cup Baker's chocolate grated; $\frac{1}{2}$ teaspoon vanilla. Stand in pan of hot water until ready to use. Add half cup cream.

Cold Jelly Sauce.

Stir half glass currant jelly until smooth; beat into it the stiffly beaten whites of two eggs. Serve with any light pudding or jelly.

Hard Sauce.

One half cup butter.	Small Rule 1 teaspoon.
One cup sifted powdered sugar.	2 teaspoons.
One teaspoon flavoring.	6 drops,
One salt-spoon nutmeg.	speck.

Cream butter, add sugar gradually until white and very light, flavor. Mass lightly on dish, grate nutmeg and serve.

Strawberry Sauce.

MISS FALLIS.

Make hard sauce, add stiffly beaten white of egg. Stir in half cup of fruit. Sauce for shortcake.

CHAPTER VIII.

Oysters.

Better on Atlantic Coast than Pacific. Blue Points best raw. Good for invalids raw or slightly cooked. When overcooked, very indigestible. Served raw they need salt, pepper and an acid, vinegar, lemon or Worcestershire sauce.

Oysters on Half Shell. (First Course for Dinner.)

Open, lay deep half of shell on plate, five on each plate, narrow point towards center, rinse each oyster and lay on, sprinkle with salt and pepper, with section of lemon in center. Garnish with watercress. Serve very cold with Boston Brown Bread.

Oyster Cocktail. (First Course.)

Six oysters in each glass, very cold. Serve over them, very cold, tomato sauce mixed with lemon juice, pepper sauce or chili, onion juice, and salt to taste.

Always rinse oysters in a half cup water and take out with hand that no shell will adhere. Strain liquor.

Panned Oysters.

Put in a saucepan without water. As soon as heated edges curl, oysters plump, and they are done. Season with salt, pepper and butter. Serve on toast.

Scalloped Oysters.

	Small Rule.
One pint of oysters.	$\frac{1}{2}$ cup.
One pint bread and cracker crumbs.	$\frac{1}{2}$ cup.
One-third cup butter.	2 teaspoons.
One teaspoon salt.	salt-spoon.
One salt-spoon paprika.	speck.
One teaspoon Worcestershire sauce.	6 drops.
Or one-fourth cup tomato sauce.	teaspoon.

Strain and rinse oysters. In baker sprinkle a layer of bread crumbs, then a layer of oysters, season with salt, pepper and pieces of butter, another layer of cracker crumbs, then oysters, season as before, adding Worcestershire or tomato sauce, add more crumbs, add oyster liquor enough to moisten, but not have very wet. Spread buttered crumbs over top. Bake until crumbs brown and liquor bubbles up through crumbs—twenty minutes. Serve with cold slaw or cucumbers and celery.

Fried Oysters.

Large oysters. Wash, dry on cheese-cloth, sprinkle with salt, pepper and a little lemon juice, dry, then roll in fine crumbs—egg and crumbs, and fry in hot fat just to brown. Serve at once. Garnish with slices of lemon and water-cress.

Broiled Oysters.

Dip in melted butter and fine crumbs, broil on fine double-wire broiler; broil just until plumped. Serve on toast seasoned with butter, salt and pepper, or maitré d'hotel butter.

Hûître au Lit.

Large oysters. Season, roll in thin piece of bacon, skewer with toothpick, cook in hot pan just long enough to brown bacon.

CHAPTER IX.

Fish.

"Salmon heads the list of whatever hath scales and fins," richer than meat, not good for invalids. Fish is rich in phosphorus and is good brain food. The juice of fish is alkaline and therefore needs lemon juice.

Test for freshness: Eyes bright, gills red and flesh firm.

To clean a fish: Hold fish in left hand and holding knife in a slanting position, scrape the scales from tail to head, rinse the knife often to remove scales. Cut fish down the front, remove fins and clean away intestines. To remove bone, begin at tail, run the knife under the bone and scrape meat away from bone, holding flakes carefully not to break fish. When flesh on one side is removed, slip the knife under the bone on the other side, raise the bone leaving fish on board. Remove small bones. Shad is is not boned. Whitefish needs larding. Broil fresh mackerel.

To Broil.

Double broiler Grease broiler. Brush fish with oil, hold fish over hot coals and when seared on one side, turn over and continue the turning until fish is white and done, 10 minutes. Slip off on hot platter, spread pieces of butter over, sprinkle with salt and pepper. Garnish with lemon and parsley and serve with potato, macaroni and cheese and bread.

Planked Fish. (Cooked Under Gas).

A shad or thick whitefish. Prepare fish as for broiling, placed with skin down on greased broiler, brush over with butter. Have near enough to flame to sear fish

quickly, then reduce flame by half, baste often and let fish cook until done. Remove to hot dish, season with salt, pepper and maitre d'hôtel butter. Garnish with parsley.

Maitre d'Hôtel Butter.

Cream, $\frac{1}{2}$ cup butter, add gradually one teaspoon lemon juice, 1 salt-spoon salt, one half salt-spoon paprika and one tablespoon of chopped parsley. Make into balls and serve just as fish goes to table.

If fish is to be baked do not remove head or tail.

Baked Fish.

Wipe and clean fish, leave on head and tail; brush over with bacon fat, dredge with flour, lay on rack in pan and bake in quick oven. Worcestershire sauce.

Stuffing For Baked Fish.

One cup bread crumbs, 1 salt-spoon each of pepper, salt, onion juice, teaspoon each of parsley, capers and chopped pickle, 1 egg, $\frac{3}{4}$ cup melted butter, $\frac{1}{4}$ cup hot water. Mix together and lay roll in fish. Sew up. Cover head and tail with thick oiled paper. Stand fish up in pan supported by two potatoes or bread. Do not put water in pan.

To bake fish in form of letter S, shape and hold in place by running trussing needle and cord through fish near tail, then through body and head, going back and tying. Cord removed when served. Cut two gashes on side. Garnish with parsley, slice of lemon in fish's mouth, and shoofly potatoes around dish.

To Boil Fish.

Tie in cheese-cloth. plunge in boiling water in which is a tablespoon of vinegar, then simmer, allowing 8 minutes to each pound, salt. Serve on napkin. Sauce in a boat, mashed potatoes, egg or Hollandaise sauce.

Small fish can be cleaned, opened and dipped in corn

meal, fried in bacon fat. Served with bacon. Smelts can be drawn, wiped, dipped in milk and flour, skewered into rings and fried in deep fat. Garnish or entrée.

Fish Roes, Fried.

Wash. Cook for ten minutes in boiling, salted water containing a tablespoon vinegar, an onion and stick of celery, then plunge in cold water, dry, roll in crumbs, egg and seasoned crumbs and brown in hot fat.

Scalloped Fish.

Flaked fish. In baking dish, a layer of crumbs, then a layer of fish, season with lemon juice, salt and pepper, then another layer of each. Pour white sauce over, a layer of crumbs and cheese. Bake until brown on top and sauce bubbles up.

Salt fish should soak in cold water, skin side up to soak salt out.

Mackerel should be broiled and seasoned with salt, pepper and butter.

Salt codfish should be picked apart, not chopped.

Creamed Codfish.

Soak and flake one cup of fish, careful to remove bones, simmer (not boil) until tender, drain and add to 1 cup of rich white sauce. Can add 1 egg.

Fish Hash.

MRS. SPINNEY.

One cup each of codfish, potato and boiled beets, fine, mix and cook with $\frac{1}{4}$ cup of salt pork chopped and $\frac{1}{4}$ cup hot water.

Fish Pudding.

One pint boiled halibut.	$\frac{1}{4}$ teaspoon paprika.
One-half cup cream.	$\frac{1}{2}$ teaspoon onion.
One and $\frac{1}{2}$ tablespoons butter.	2 eggs.
One-fourth cup fine crumbs.	1 tablespoon lemon juice.
One and $\frac{1}{2}$ teaspoons salt.	1 tablespoon flour.

Mash fish very fine, season with salt, paprika, onion, mace. Put butter in saucepan, when it bubbles, stir in

flour, cook 3 minutes, add milk gradually until smooth, stir in fish, add crumbs and egg, mix. Butter, very well, a mold or bowl, press mixture against the sides to remove air bubbles. Cover with oiled paper, set in pan containing hot water covering half the mould, leave in oven half-hour. Place the form of fish on hot dish. Garnish with potato balls sprinkled with chopped parsley. Serve over, a cream sauce. Garnish with parsley.

Slices of salmon may be broiled, seasoned with salt, pepper, lemon juice and garnished with parsley or watercress.

Left over fish is good pickled with scalded vinegar containing 2 cloves, 2 peppercorns, salt or Agra Dolce sauce.

Shell Fish.

Clams are served raw or on the half-shell during the months that oysters are out of season. Littleneck clams are best, smaller the better. Serve same as for oysters.

Creamed Clams.

Heat clams in their own liquor, chop fine and to each cup of clam, add a cup of white sauce.

Clam Fritters.

Chop and add to fritter batter, dropped from spoon into hot fat. Drain and serve. (Have batter stiff).

Crabs.

Good, months without R's. Like lobsters, bought while alive. Put head first in boiling water for five minutes, then add tablespoon of salt and boil 30 minutes. When cold, remove the shells, the stomach, which is just under the head, the gills, and the intestines. Take out meat carefully.

Deviled Crabs.

Twelve crabs to fill 10 shells. 1 teaspoon salt.
 One cup cream or milk. $\frac{1}{2}$ salt-spoon paprika.
 One and $\frac{1}{2}$ tablespoon butter. $\frac{1}{2}$ teaspoon lemon juice.
 One tablespoon flour. Yolks of 4 hard boiled eggs.
 One " chopped parsley. 6 crackers crumbed.
 One-half salt-spoon mustard.

Make a white sauce, to which add the crab meat, yolks of egg rubbed to a paste, seasoning and crumbs. Fill the carefully cleaned shells with mixture, fill close to edges and smooth on top, let get cold, brush over with slightly beaten egg in which is a tablespoon of water, sprinkle bread crumbs over, immerse in hot fat, in frying basket, just for a minute, or brush with butter and brown in oven.

Soft Shell Crabs.

Wash carefully, lift flap and remove stomach, gills and intestines, dry and dredge with salt and pepper, roll in flour and sauté in butter on both sides. Serve on toast with maitre d'hôtel butter and chopped parsley.

Lobster.

A small heavy lobster better. After boiled, a lobster is good if tail is curled and springy.

It may be killed just before being boiled by running a sharp pointed knife between joint between tail and body.

To Boil a Lobster.

A kettle of warm water, take lobster by back and put head in first, this smothers instead of scalding, add a spoonful of salt, cover pot and boil 30 minutes.

To open after lobster is cold, break apart tail and lady, twist claws, remove body from shell, remove green and coral, save to mix with meat. Remove stomach or body in head, also woolly gills, break claws, remove meat

with scissors, remove membrane from tail, remove meat in one piece, then open to remove intestine which runs entire length.

To Broil a Lobster.

Prepare as directed, lay the two pieces on the broiler, shell part down, broil with moderate fire thirty or more minutes. Spread over a little butter when part done to keep moist, when done add more butter, salt and paprika. Crack claws with hammer and serve hot.

Lobster Newburg.

One and one-half cup boiled lobster meat. Yolks 2 eggs.
One tablespoon butter. 1 truffle chopped (optional)
Three-fourths cup sherry wine. $\frac{1}{4}$ teaspoon salt.
One cup cream. $\frac{1}{2}$ salt-spoon paprika.

Put butter in chafing dish, or saucepan, then add lobster, cut into inch pieces, the chopped truffle, salt and pepper, simmer 5 minutes, add wine, cook three minutes, then add cream and egg beaten together, stir with wooden spoon until heated through, serve at once with finger of toast, crackers or biscuit.

Lobster, crab or shrimps mixed with cream sauce used for patties or croquettes. The shell can be used to serve lobster instead of a dish.

CHAPTER X.

Poultry and Game.

Flesh of poultry and game contains more phosphate than animals, therefore valuable as food especially for invalids. All game has a peculiar flavor and odors should be kept until tender.

White fleshed game should be cooked until well done; dark fleshed, rare.

The crop should be empty and poultry drawn before going to market, should be dry picked, chilled but not good packed in ice water.

Tests for young poultry, pin feathers not hairs; legs and feet smooth; breast bone bend readily; plump breast. Young tender poultry for roasting and broiling; older for boiling and stewing.

For ducks and geese, wind-pipe should break when pressed with thumb and finger. Wild ducks have reddish feet, tame ducks thick yellow feet.

Grouse, partridge and quail should have full heavy breasts, dark bill and yellowish legs.

Squabs or young tame pigeons have pin feathers.

Venison should be dark red, some white fat.

Poultry should be picked as soon as killed, feathers come off towards the head, if flesh is tender pull in opposite direction. Remove pin feathers, singe hair by holding over gas jet or a roll of paper held over the fire. Cut off the head, cut slit in skin at back of neck, and if fowl to be roasted turn skin of neck away and cut off neck leaving skin to fold over back rather than cutting through skin in front. Remove wind-pipe and crop, cut through skin an inch below big joint, twist joint and pull out tendons, the drumstick is improved without tendons. Cut

out oil bag. If fowl is to be whole, make an incision near vent, cut around intestine, loosen parts near, then work fingers further in until all parts can be drawn out together, removing lungs afterwards. Hold under faucet wash out quickly and wipe with clean cloth. Cut outer coat of gizzard, peel off, use care when cutting gall bag from liver.

To fry, cut chicken in 11 pieces: 2 drum sticks, 2 second joints, 2 wings, with some breast, 2 breasts, 3 back pieces; sprinkle with salt and pepper, roll in flour, sauté in pork fat or drippings for 20 minutes, turning often. Remove to warm dish, add to pan 1 tablespoon flour, stir 1 minute, then add a cup of milk or cream, stir until it thickens. Strain, add a tablespoon chopped parsley. Place sauce on platter, arrange chicken on it. Serve with spinach and currant jelly.

Chicken Fricassee.--Fowl Best.

Wipe chicken, cut at joints in pieces for serving; cover with boiling water, 1 teaspoon salt, 1 teaspoon pepper; simmer 1 hour, or until meat is tender. Remove large bones, dredge rest with flour, and sauté in hot butter. Put chicken on hot toast; make white sauce, to which add chicken liquor; add a salt-spoon celery salt, teaspoon lemon juice, and one beaten egg, which must not boil. Pour over chicken, which is arranged on dish, body in center, wings at top, thighs below and legs crossed at tail.

Chicken can be sautéed before cooking.

If chicken be not fried it is a stew. Can make dumplings. If put in a deep dish with plenty of gravy, covered with pastry, baked, it is a chicken pie.

Casserole.

Have large bowl well buttered and sprinkled with soft bread crumbs. 1 pint lightly mashed potatoes, seasoned with salt, $\frac{1}{4}$ cup milk, 1 level tablespoon butter, 2 rounding tablespoons grated cheese, 1 egg, well beaten. Make a lining in bowl with potatoes $\frac{3}{4}$ inch thick, even around edges. Put in oven to brown, remove, scoop out, leaving wall dry out in oven, then fill with salpicon. Salpicon is cubes of meat or fruit mixed with sauce.

One cup chicken cut into cubes (or any cold meat), $\frac{1}{2}$ cup mushrooms, cut and fried in a little butter; mix these with 1 cup white sauce (or sauce supreme), 1 teaspoon lemon juice, seasoned with pepper and salt. Put this in potato lining, cover top with potato, place dish on which it is to be served on top of bowl, turn both over together, remove bowl. Potatoes should be a rich brown.

SAUCE TO SERVE AROUND.—8 mushrooms, cut, 1 cup brown sauce, using stock and liquor from mushrooms and $\frac{1}{2}$ cup cream.

Can use rice or fine hominy for wall, and any kind of meat for filling. Good supper dish.

Roast Chicken.

Prepare whole as directed, stuffed, sewed and tied in shape, dredged with salt and flour, put in hot oven, basted often, when brown reduce heat, bake until tender.

Giblets, heart liver and gizzard trimmed, cleaned and put in boiling water simmered three hours, chopped fine added to gravy.

Stuffing for Fowl.

One cup bread crumbs, $\frac{1}{2}$ cup butter seasoned with salt, pepper, summer savory, moistened with $\frac{1}{4}$ cup water mixed together and put in chicken, sewing up opening with a cross-stitch over and under. Remove strings before serving.

To truss, turn wings back so that they will meet under back, tie or skewer in place, draw the thighs up close to body so legs cross over tail, tie in place.

The strong smell in old fowl can be removed by washing in soda water.

To Carve Poultry.

Place fowl on platter, head at left, put fork firmly across breast bone, cut through skin around leg joint, bend leg and cut at joint, cut off wing, separate leg then cut slices from breast, take off wish-bone, separate breast bone, turn back over. with fork lift up tail end separating from body. If all the fowl is not needed only carve one side. A fine dinner is often spoiled by poor carving.

All the scrapings from bones, dressing and gravy can be cooked together, served on toast or can be utilized in croquettes. Stew bones and skin boiled down for stock, with curry and rice.

Turkey.

Turkey prepared same as chicken, if stuffed use same dressing, or same mixed with chestnuts chopped, oysters, onions or celery, sausage or bacon laid upon breast to flavor or brown, baste with drippings, cook until tender. Covered braising pan good. Cranberry sauce, boiled onions, rice.

TO BOIL TURKEY.—Truss, cook without stuffing, wrap in cloth and cook in boiling water until tender, or steam; serve with celery or oyster sauce, serve with boiled rice or macaroni.

TO BROIL CHICKEN OR YOUNG TURKEY.—Cut in half down the back, breaking joints and breast-bone, season with salt, pepper, and brush with butter, place in double broiler, broil 20 minutes, turning often, spread with butter, serve with sauce tartare.

Goose.

Singe and scrub with a brush to open pores that the fat will cook out easier, draw and wash, stuff with crumbs, sage and onions, or with apples quartered, steam for 30 minutes, then dredge with flour, salt and pepper, roast until tender, garnish with watercress. Serve with olives and apple sauce, boiled onions or squash.

Ducks.

Prepare as for goose, truss, bake 20 or 30 minutes in hot oven. Serve with olives, currant jelly and spinach, orange salad.

WILD DUCKS.—The breasts alone are often used baked for 10 minutes in hot oven, larded, resting on bed of onions, giblet sauce.

QUAIL may be roasted, broiled or braized. Served on toast, bread sauce, celery. Cut down back.

Rabbits.

Cooked same as chicken. Can add wine to sauce.

Venison.

Easily digested, cooked as beef or mutton, if not tender sprinkle over with vinegar and spices, and stand a few hours.

To Bone a Turkey.

Select a plump hen fowl, remove head and feet, draw tendons, skin not broken, wipe with wet cloth. With sharp pointed knife cut skin full length down back, do not draw, then beginning at neck carefully scrape meat from bones, keeping knife close to bone. When joints at wing and leg are met break them back and continue to free meat from body, when one side is free turn fowl and free other side. Use care when separating skin from breast bone. When carcass is free remove from leg and wing, turning flesh back like a glove from fingers, do not break skin about joints, tips of wings can be cut or left on.

²⁴
Gelatine.

After fowl has been boned, lay loose pieces in order, dark and light meat together, turn legs inside out, 1 cup of chopped veal, 2 slices of pork, herbs, onion juice, salt and pepper, roll, put in cheese-cloth, tie at each end and shape. This can be boiled in just water to cover, containing an onion, carrot, bay leaf, celery, 2 cloves, 2 peppercorns, simmer until tender,—about an hour,—remove to cool, press, when it can be removed from cheese-cloth. Garnish with parsley. Serve cold, or molded in jelly. The stock in which fowl is boiled is good for jelly, in which gelatine can be molded.

The fowl, after boning, can be stuffed where bones have been removed, sewed up, shaped, larded and roasted. Serve hot or cold. The stuffing, same as for chicken, or can add oysters, chopped veal or chestnuts and two beaten eggs (to bind together the filling), giblet sauce. Serve with cranberry jelly, celery and peas. Nice for luncheon.

CHAPTER XI.

**Eggs.**

roduced in the United States and so, if necessary to economize in the use of eggs. If properly cooked, boiled, indigestible, valueless as they are,—poached, or cooked in water, and yolk like cream.

COMPOSITION.

	Carbonate.
Proteid,	18.00 per cent.
Fat,	30.70 per cent.
Salts,	1.30 per cent.
Water,	52.00 per cent.
	100

White, 60 parts. }

Proteid,	20.40 per cent.
Salts,	1.60 per cent.
Water,	78.00 per cent.
	100

To preserve eggs, pack in salt or bran, pointed end down; put in salt water; wrap in tin foil, or brush over with melted tallow or paraffine. Shell is porous. If eggs sink in salted water they are fresh,—heavy.

To Boil Eggs.

Put into cold water and let come to a boil, or pour boiling water into a large bowl, drop in eggs, cover, stand ten or fifteen minutes. Yolk will be same consistency as white. An egg boiled an hour is more digestible than one cooked 5 minutes.

Poached Eggs.

Prepare slices of toast, fill saucepan half full of salted boiling water, break each egg in cup, then, holding close to water, drop in. When film forms, remove saucepan, dip egg out with spoon. Water in spoon will moisten toast. Salt, pepper and butter on each egg. Can poach in muffin rings.

Scrambled Eggs.

In iron frying pan put a spoonful of bacon fat or butter, break four eggs in bowl with one-fourth cup milk, pour in hot fat, stir with spoon until partly set. Serve on toast or with hot minced ham or veal. Season with salt and pepper.

Omelet.

Give four eggs a beating with a fork, but not light, add half-teaspoon salt, a dash of paprika, one-fourth cup water, turn out in hot, buttered iron frying pan or omelet pan, shake to keep from sticking, cook slowly until partly set, then, with knife, fold half over towards handle of pan, hold edge of pan and side of platter together, lower handle and drop omelet in center. Serve at once. Before folding can add chopped ham or any kind of meat or vegetables left over, or fruit, jelly or preserves, then a teaspoon of sugar can be beaten with egg.

Omelet No. 2.

When egg begins to set around edge, shove up towards center, uncooked will run back; continue until all creamy. Fold and serve.

Omelet Soufflé.

Beat yolks and whites separately, very light, adding $\frac{1}{2}$ teaspoon of salt to whites, fold together, turn into hot buttered omelet pan, shake all the time; season with salt and pepper, fold and serve, or stand in oven to brown on top.

FOR JELLY OMELET—Add a teaspoon of sugar and beat in a tablespoon of jelly, cut fine. Sift powdered sugar over top or serve with jelly sauce.

Nests on Toast.

Beat whites very stiff with salt-spoon, salt, spread over toast on platter. Make place to drop in yolk over each slice of toast; season with butter and pepper. Stand over pan of water in oven and bake till yolk is set. Can cut round slices for toast, set under muffin rings, which fill with whites, yolk in center, and bake in pan over hot water.

Ham and Eggs.

Fry ham or bacon just enough to brown and curl edges, then break the eggs into the hot fat, care not to break yolk, baste with fat around edges until egg is set. Serve around platter with ham in center.

Baked Eggs.

Individual dishes. Sift crumbs in bottom, break eggs in dish, season with salt, pepper and butter, cover with buttered crumbs, bake until crumbs brown. Serve in same dish.

Eggs en Surprise.

Poach eggs, trim edges, roll in crumbs, egg and crumbs, brown in hot fat and serve on toast, garnished with parsley.

Stuffed Eggs.

Boil six eggs thirty minutes, when cold remove shell, cut lengthwise, remove yolk, mash, add a tablespoon butter, a few drops of onion juice, 2 tablespoons minced ham or tongue, season, mix, fill whites, press 2 halves together.

For salad, boil same, add mayonnaise dressing to yolks with tablespoon chopped parsley. Fill hollows in half with mixture. Serve on lettuce leaf with ball of mayonnaise.

Eggs with Tomatoes.

Remove seeds and center from ripe tomato, drop whole egg in center, season with butter, salt and pepper. Bake till yolk is set.

Toast.

For coal stove: Hold rather dry slices bread near bright coals, brown quickly a golden brown.

Gas stove: Light oven flame for three minutes, place slices of bread on rack near flame, brown on one side, turn and brown other.

French Toast.

Dip slices of dry bread in milk, then beaten egg, sauté in hot fat on both sides. Serve on napkin.

CHAPTER XII.

Beverages.

Tea, coffee, cocoa or chocolate.

In preparing any beverage, water freshly drawn and boiled will produce much better effects.

Tea is made from the leaves of a hardy evergreen shrub called *Thea*. The manufacture consists in plucking the young leaves of the plant and placing them in the sun. After they have become withered they are rolled and twisted. The distinction between black and green teas is due to the difference in their mode of preparation. Green tea is steamed before rolled and dried, it contains more tannin, therefore, black tea is regarded as more wholesome. Half the tea used in United States comes from China. India tea stronger, more tannin, stimulating, good for elderly people, bad for children. Oolong tea is recommended. Teapot should be earthen.

To Prepare Tea.

Proportion, one teaspoon tea to half pint boiling water; pour boiling water over tea and let stand for a few moments, but not to boil. Steam and serve. A slice of lemon served in cup of tea is Russian tea.

Coffee.

The aroma of coffee is escaped volatile oil. The fruit of the coffee tree is something like the cherry, contains two seeds or beans. The berries must be roasted before grinding for use. Mandahling coffee grown on Sumatra is considered best. Mocha in Arabia. Good from South America and West Indies. A good mixture is equal parts of Mocah and Java, one eighth as much Bio for strength, a dash of salt.

Coffee should be roasted and kept in air tight cans for use. Three ways of preparing—filtration, infusion, decoction.

Filtration.

Coffee ground fine. Double coffee pot, coffee put into strainer, freshly boiling water poured over, allowed to drip. Pot should stand in hot water. One tablespoon of ground coffee to each person. After dinner coffee, three tablespoons coffee to each half-pint boiling water. Can add dash of salt.

Infusion.

Measure one tablespoon of ground coffee to each person, if family small, add one tablespoon for pot, mix a teaspoon of raw egg and $\frac{1}{2}$ cup cold water, stir and put into clean pot, stand on stove until it steams, then measure as many cups of boiling water as there are persons, stand on stove until it boils up, two minutes, add two tablespoons of cold water, serve.

Decoction.

Prepare as for infusion; boil and stand for 15 or 20 minutes. Tannin is extracted; indigestible. No aroma.

After dinner, coffee served without cream, aids digestion. Coffee with whipped cream (Vienna).

Hot milk and warm cups improve coffee, which should be served hot. Spout or lip should be closed tight to prevent escape of aroma.

COCOA AND CHOCOLATE, made from a fruit grown in Mexico, Central America and West Indies. Fruit like a large cucumber, with from 6 to 30 beans; beans are roasted; shells are cocoa shells. Cocoa nibs are beans broken instead of ground.

Chocolate is the kernel ground and mixed with sugar, sometimes flavored with vanilla. Contains a large amount of fat; when fat is removed it is cocoa; less rich; some-

times more digestible for invalids. Both contain nutrition, and have not the bad effects of tea or coffee. Good for children.

Cocoa Shells.

One cup shells, 1 quart water, boil 4 hours; serve with hot milk and sugar or cream.

PREPARED COCOA—Directions on cans Walter Baker's Company, but by boiling cocoa, sugar and water together for 5 minutes, then adding hot milk, a better cocoa is obtained.

Chocolate.

	Small Rule.
One-half cup Baker's chocolate, grated.	1 teaspoon.
One-half cup sugar.	1 teaspoon.
Pint water.	$\frac{1}{2}$ cup.
One salt-spoon salt.	Speck.
Pint of hot milk.	$\frac{1}{2}$ cup.

If desired, the yolk of an egg can be added, and milled or beaten with Dover egg beater. Mix chocolate, sugar, water and salt, boil for ten minutes, add milk. Serve with a teaspoon of whipped cream in each cup.

A substitute for whipped cream is stiffly beaten white of egg, with sugar, flavored with a few drops of vanilla; spoonful on each cup of chocolate.

Cocoa prepared in same way.

CHAPTER XIII.

Cookies.

Sift flour and sugar before measuring; measure everything before putting together. Mix dry things together, and wet things together. Soda and baking powder sifted in flour. When molasses is used, mix part of soda in molasses. To make richer cookies, use less milk and more eggs. In baking cookies, have oven hot, greatest heat on top.

Plain Cookies.

	Small Rule.
One-half cup butter or shortening.	1 tablespoon.
One cup granulated sugar.	2 tablespoons.
One-fourth cup milk.	2 teaspoons.
One egg (beaten).	2 teaspoons.
One-half teaspoon nutmeg.	$\frac{1}{2}$ salt-spoon.
One rounding teaspoon baking powder.	1 salt-spoon.
Two and one-half cups flour.	$\frac{1}{2}$ cup.

Enough more flour to make soft dough. Cream, butter or shortening, add sugar gradually; add beaten egg, then the milk, and flavoring, if added. Sift flour, baking powder and nutmeg. If sour milk is used, sift $\frac{1}{2}$ teaspoon of soda in flour instead of baking powder.

In large bowl put 2 cups of flour, make well in center, pour in ingredients, stirring and adding flour until mixture forms soft ball of dough. Use marble slab or bread board, sift flour on board, turn part of dough on board, work into a ball, then with floured roller roll lightly $\frac{1}{4}$ inch thick, sift granulated sugar over, cut with biscuit cutter, lay evenly on greased tin, a little distance apart; bake quickly. Take out on board or napkin until cool.

(Much depends upon the appearance of food. Can use caraway seeds or colored sugar.

Jumbles.

Cream, $\frac{3}{4}$ cup butter, $1\frac{1}{2}$ cups granulated sugar, add three eggs (separate), $\frac{1}{2}$ teaspoon vanilla. Stir in lightly flour enough to make soft dough to roll out. Have board well floured, roll thin, sift sugar over top; cut into circles, then with top of small pepper box, cut small circle in center. Place in floured pan, bake quickly, light color. Can roll around a stick if done very quickly after leaving oven.

Soft Molasses Cookies.

One cup Porto Rico molasses.
 One tablespoon ginger.
 One teaspoon soda; $\frac{1}{2}$ in flour, $\frac{1}{2}$ in molasses.
 Two tablespoons hot water or milk.
 One-half cup butter or shortening (soft).
 Three cups flour.

Ginger Snaps.

One cup molasses.
 One-half cup sugar.
 One tablespoon ginger.
 One teaspoon soda.
 One-half cup shortening (soft).
 Two and one-half to 3 cups flour.

Sift soda and flour; heat molasses, add sugar, ginger, shortening. In dish put 2 cups of flour, make well, stir in ingredients, then add flour till stiff enough to roll out very thin. Cut out and bake quickly.

Ginger Bread,**Small Rule.**

One cup Porto Rico molasses.	2 tablespoons.
One teaspoon soda.	1 salt-spoon.
One tablespoon ginger.	$\frac{1}{2}$ teaspoon.
One-half teaspoon salt.	Speck.
One-half cup shortening (softened).	1 tablespoon.
One cup milk.	2 tablespoons.
Three cups flour.	$\frac{1}{3}$ rounding cup.
One teaspoon lemon juice.	Salt-spoon.

Bake in thin sheets.

Ginger Bread.

CAROLINE PAGE HOLMES.

One cup sugar, $\frac{1}{2}$ cup shortening, half each lard and butter, 1 cup molasses with 1 teaspoon soda, 1 cup sweet milk, 3 cups flour, 2 eggs, put in last, small pinch salt, 1 teaspoon each ginger and cinnamon.

Fairy Gingerbread.

One-half cup butter, 1 cup sugar, 2 cups flour, $\frac{3}{4}$ teaspoon soda, 1 teaspoon ginger, $\frac{1}{2}$ cup sour milk. Cream, butter, add sugar gradually, then add flour and milk alternately, soda and ginger sifted in flour; beat well. Turn baking pans upsidedown, grease, and spread mixture as thin as paper; bake in moderate oven until brown. While hot, cut into squares, roll around stick.

Doughnuts.

LUOY W. FERRIS.

One cup sugar.
One egg.
Dash nutmeg.
One-half salt-spoon salt.
Four cups flour.
One heaping teaspoon baking powder.
One cup milk.
Lard size of hickory nut.

Use only enough flour to make soft dough and drop in fat only one at a time.

Raised Doughnuts.

MRS. FALLIS.

Two-thirds cup butter.
Two cups sugar.
Two cups milk, scalded.
Four eggs.
Two lemons.
One cup yeast.
One quart flour.

Rub butter and sugar through one quart flour, then put in the milk and lemon juice, add eggs, beaten separately, then the yeast. Rise over night, mix and knead as bread; rise again, make into small balls with raisin in center. When light, fry in hot fat, drain on paper, roll in grated lemon rind and powdered sugar.

Doughnuts.

Two eggs.

One cup sugar.

One cup milk.

Four tablespoons melted butter.

One salt-spoon each of salt, ginger and cinnamon.

Two teaspoons baking powder or 1 teaspoon soda
(if sour milk).

About 3 cups flour.

Soft dough, roll on well-floured board $\frac{1}{8}$ inch thick, cut with biscuit cutter; cut out center with small cutter. Fry in hot fat, drain on paper, roll in granulated sugar.

CHAPTER XIV.

To Try Out Shortening.

Butter is the poorest material for frying; burns at very low temperature. French recommend lard and olive oil. Combination of beef suet and lard best.

Mean temperature for frying, butter, 239°; suet, 266°; clarified drippings, 300°.

TO TRY OUT.—Cut up equal parts of leaf lard and beef suet into one-inch pieces, put in iron kettle, and let it fry out very slowly, occasionally stirring and pressing; must not brown. Strain into lard pails. For deep frying, 4 or 5 pounds of fat should be on hand.

A second pail should be kept for frying fish.

After using let stand awhile, then strain.

TO CLARIFY FAT after several usings, slice raw potato very thin, let cook together until potato absorbs impurities; strain. Add cold water and cook with fat. After cooking fat rises to the top, the sediment clings to bottom of fat, where it can be scraped off. Occasionally add a salt-spoon of soda.

SAUTÉ is to cook in a small amount of fat.

FRY is to cook in deep fat—best way for health.

Chicken and turkey fat can be used for salad dressing and for gingerbread.

Goose grease, good in case of sore throat or croup.

Mutton for mutton tallow.

All fat from meats can be clarified and used for shortening.

Cottolene is a pure vegetable fat—healthful.

To Chop Suet.

Get kidney suet, white, firm. Remove skin and membrane, chop fine, adding a little flour to keep it from sticking together in a mass. Put in a pail, cover, and it is ready for use.

CHAPTER XV.

Pastry and Pies.

Pastry flour, sifted before measuring Cold paste and a hot oven. Oven test, paper brown after one minute. It is not so much the amount of fat used in pastry, but the kind, that makes it indigestible, and the half-cooked paste.

(Marble Slab.) Paste for One Pie.

	Small Rule.
One heaping cup flour.	$\frac{1}{2}$ cup flour.
One salt-spoon of salt.	Speck.
One-third cup of lard and butter (mixed).	$2\frac{1}{2}$ tablespoons.

Enough ice water to make stiff dough, 3 tablespoons.

Put flour in bowl, add salt and the lard, with case knife cut into flour, then stir in water gradually until a stiff dough is formed. Turn onto a well-floured board, pat and roll into form of oblong square. Cut one-half the butter into small pieces, spread over dough, sift flour over, then fold one side of dough to center, then opposite side, then one end one-third to center, then opposite end, then fold double. Pat out dough, cut in two uneven parts, larger for bottom crust, which roll out round one-half inch larger than size of pan, to allow for slope; double paste, lift, and lay across floured pan, fold, across center of pan, lift top edge and lay in pan, loosely, press edges, but do not cut edges until both crusts are on. Roll upper crust square, cut rest of butter in, sift over with flour, fold and set in pan with under crust on the ice to chill while preparing filling. After filling is in. brush edges with cold water. Roll out paste shape of pan, fold, cut little holes near center to allow steam to escape, place on pie, press

with floured finger a little below edge of pie that the juice cannot escape. Trim edges. To glaze, brush over top with egg, in which is a tablespoon of water, or brush with milk. Chill and bake 30 minutes.

Paste can be made and kept chilled for a week. Can use a salt-spoon of baking powder.

A mixture of lard and suet good for pastry.

Puff Paste.

Four cups pastry flour, 2 cups butter, about one cup ice water. Have three dishpans, to fit one inside other. Ice water in top one; second, dry; bottom, cracked ice. Wash butter in ice water until waxy, work out under ice water into a square, then lay on napkin or cheese-cloth, cover with same and roll out as thin as possible, cut into four strips, lay in dry pan between the two pans containing ice, to chill. Put flour in bowl with salt, take one strip of butter and chop it into flour fine, add ice water, and with knife mix into a stiff dough, turn onto a floured marble or board and roll paste in form of oblong square very thin, lay second strip of butter, which should be one-half as wide as dough, along center, dredge with flour, fold one side of dough to middle. then other side to meet, fold one end to near middle, then opposite end, and fold double, pat out a little, fold in napkin, put in dry pan to chill, with butter; stand 10 minutes. A glass rolling-pin filled with chopped ice is good for pastry. When chilled, pat and roll out paste as before. Do not let stick or blisters will break, and roll from you, not back and forth. Lay another strip of butter along center, fold and chill again; also the third time, chilling as before, then roll and fold six times. Keep the edges even while rolling and fold evenly. With the folding air is enclosed. Roll lightly. The more blisters of air the lighter will be the paste. Fold in napkin and set on ice to chill,—better a day or two after making, if kept very cold and dry.

This paste is good for vol-au-vents, patty shells, tarts, rissoles, Banbury cakes, chicken pie.

FOR PATTIES.—On floured board pat and roll paste $\frac{1}{4}$ inch thick, cut with round cutter, with small cut stamp out the centers of half the pieces; dip cutter in hot water, cut quickly to make sharp cut; brush bottom layer with water, lay on second layer with open center. Can put wad of paper in center to keep in shape. Bake on shallow pans lined with paper; can chill before baking. Brush top with egg. When done, remove soft paste underneath, bake the little rounds and serve on top of patties after finishing. Hot oven until puffed, then reduce heat. Bake 10 minutes.

TARTS.—Roll paste for tarts very thin, with cutter, remove center of top layer, which fill with jelly or jam after baking. Can make a ring of paper, pinning edges together, slip over shells to prevent scorching and keep in shape.

Cheese Straws.

Use puff paste or ordinary pie paste, when a little is left over. Roll into oblong square, sift grated cheese over, fold, then roll 6 inches long, $\frac{1}{8}$ inch thick, brush over with egg, sift over cheese, cut with pastry jagger in $\frac{1}{4}$ -inch strips, have all uniform length, lay side by side, bake quickly. Can cut rings $1\frac{1}{2}$ inches in diameter, bake, and fill with cheese straws. To serve individually, with salads.

Apple Pie.

A pint of apples, after pared and cored, cut in sections, spread in pan after crust has been added; $\frac{1}{4}$ cup of sugar, 1 teaspoon of butter, a dash of nutmeg or cinnamon, 2 tablespoons water, a teaspoon of flour. If apples are not sour can add a teaspoon of lemon. Add top crust.

These are very apt to contain small quantities of really poisonous substances, such as arsenic, antimony, etc., which are given children stewed dried or evaporated fruit in winter rather than the ordinary preserved fruit. Unless carefully examined and unless the last are home-made. Unless the fruit at home are free from the deleterious substances, they are not safe for children. Sugar contains decided traces of sulphuric acid.

Rhubarb Pie.

Skin and cut rhubarb into three-fourths inch pieces, mix one pint with three-fourths cup sugar and one table-spoon flour, lay closely in pan, cut a teaspoon butter over, grate nutmeg over top. After putting on top crust press crusts very closely together to prevent escape of juice.

CHERRY PIE.—Same proportion of sugar, flour and butter as for rhubarb, with pie cherries pitted.

Squash or Pumpkin Pie.

One cup cooked squash or pumpkin.
One cup milk.
One-fourth cup cream.
One-half cup sugar.
One tablespoon butter.
Two eggs.
One teaspoon each ginger and cinnamon.
One-fourth teaspoon salt.
One tablespoon molasses.

Put squash through ricer or colander, add sugar, butter, spices, beaten egg and milk. After crust begins to brown on edges, bake slowly three-quarters of an hour. (Use sweet potatoes in same way.)

Lemon Pie.

	Small Rule.
One cup sugar.	$\frac{1}{4}$ cup.
One cup boiling water.	$\frac{1}{4}$ cup.
Three eggs (separate).	$\frac{1}{3}$ egg.
One grated lemon rind and juice.	2 teaspoons.
Two heaping tablespoons flour.	2 teaspoons.

Beat the yolks, add sugar, flour and lemon, stir well, add boiling water. Cook in double boiler until stiff enough to drop. Line pie-tin with paste, putting a layer of paste around edge to give firmness. Brush with egg; with fork prick holes around inside, so that paste will not puff, bake 15 minutes. Fill with mixture, beat whites of eggs dry, add three tablespoons sifted powdered sugar, $\frac{1}{4}$ teaspoon lemon extract. Spread over pie. Stand in gentle oven until golden brown.

Custard Pie.

One pint milk.	Small Bule.
Three eggs well beaten.	$\frac{1}{2}$ cup.
One-third cup sugar.	2 tablespoons.
One-half teaspoon grated nutmeg.	1 tablespoon.
	Dash.

Deep pie-tin. Mix all together. Put in hot oven; after 5 minutes, reduce heat, bake slowly for 30 minutes. If oven is too hot, custard will be watery and tough. Add $\frac{1}{2}$ cup of dessicated cocoanut to custard pie mixture and bake for cocoanut pie.

Dish Pie.

(ENGLISH.)

Line edges of round baking-dish with pastry. Fill center with apples quartered and pared. $\frac{3}{4}$ cup sugar, $\frac{3}{4}$ cup water, 1 tablespoon flour, $\frac{1}{2}$ teaspoon nutmeg. Cover with pastry and bake until fruit is soft. Can serve with cream.

Mince Pie.

MRS. DEAN MONAHAN. (HER GRANDMOTHER'S—VERY OLD.)

Two pounds beef, boiled 15 minutes, 2 pounds of suet, 4 pounds apples, 2 pounds brown sugar, 2 nutmegs, 2 pounds currants, $\frac{1}{2}$ pound citron, $\frac{1}{2}$ ounce each ground cloves and cinnamon, one orange, 1 lemon, grated peel and juice. Chop all of these ingredients, then add 1 quart each of cider, wine and brandy, some candied ginger and any other candied fruit desired. This recipe needs no cooking. Sometimes add a little cider when making pies.

Mince Pie No. 2.

DOMESTIC SCIENCE.

Three pounds beef round, chopped very fine. $1\frac{1}{2}$ pounds suet, chopped, $\frac{1}{2}$ peck tart apples chopped, 1 glass currant jelly, 2 oranges, 2 lemons zest and juice, 1 cup molasses, 2 pounds of stoned and chopped raisins. 1 pound currants, 1 tablespoon salt, 2 teaspoons pepper, cloves, allspice and cinnamon, 3 cups sugar, 2 cups of any juice

from pickled peaches, 1 quart of boiled cider. Mix all together very carefully, scald for twenty minutes, add 1 pound shaved citron (can add brandy or wine when making pie.) Pack mixture in earthen jar.

To prevent the loss of juice from fruit pies, take a strip of muslin one inch wide, wet in cold water, lay around the pie, half on pie, half on tin pressing on either side. When baked, remove.

Cream Pie.

Pour 1 cup of cream on $\frac{3}{4}$ cup of sugar, beat whites of 2 eggs stiff, add to cream, and beat well, grate nutmeg over top after mixture is added to crust. Bake slowly 30 minutes. No upper crust.

Cream Pie.

Three eggs.	Small Rule. $\frac{1}{2}$ egg.
Three-fourths cup sugar.	$1\frac{1}{2}$ tablespoons.
One teaspoon baking powder.	1 salt-spoon.
One cup flour.	2 tablespoons.

Sift flour and baking powder, beat yolks and sugar, add to flour and fold in stiffly beaten whites. This makes two cakes in round jelly cake tins. Split each cake and spread with following filling:

FILLING.—Two cups milk, 2 heaping tablespoons flour, $\frac{3}{4}$ cup sugar, 1 egg, $\frac{1}{2}$ teaspoon vanilla. Scald milk, turn over beaten egg, put into double boiler, add flour moistened with cold milk, add sugar, stirring well until consistency of whipped cream, cool and add flavoring, spread between layers, sift powdered sugar over top. Serve with jelly or jam.

Banbury Tarts.

MRS. MYRTA MORRISON.

One cup raisins chopped, $\frac{1}{2}$ cup sugar, $\frac{1}{2}$ cup currants, 1 egg, 1 lemon (juice and rind). Allow to stand over night, and put one spoonful of mixture on each tart. Use pie crust or puff paste. Cut in small oblong pieces and put together same as turn-overs.

CHAPTER XVI.

Custards.

It is demonstrated that eggs, to be healthful, requires low temperature in cooking. Milk and eggs in combination must be creamy, and, to obtain that consistency, must never boil, otherwise will be watery and tough. Proportion of eggs to milk for custard, 3 eggs to a pint of milk.

In baking custards, they should stand in pan of hot water.

Baked Custard.

Two cups milk.	Small Rule.
Three eggs.	$\frac{1}{2}$ cup.
Three tablespoons sugar.	2 tablespoons.
One-half teaspoon flavoring.	2 teaspoons.
Salt-spoon nutmeg or mace.	6 drops.
Salt-spoon salt.	Dash.
	Dash.

Beat eggs, sugar and salt to a cream, stir scalded milk over, flavor, turn into pudding dish or cups, grate nutmeg over, stand in pan hot water, bake gently until firm in center.

Boiled Custard--Same Proportion.

Separate eggs, whites for meringues, beat yolks and sugar together, add milk, cook in double boiler, stir all the time until consistency of whipped cream. If not consistent, add a little corn starch wet with cold milk. If egg curdles, chill and beat. Beat whites very stiff, add 1 tablespoon of sifted powdered sugar to each white. Can fold whites into boiled custard before serving, adding flavoring, or spread over pudding in dish, stand in oven until light brown, or turn into oiled pudding-mold, poach 20 minutes; when cold, turn onto boiled custard. Serve in glass dish. Dainty dessert, served over dry cake.

Custard Chocolate (Baker's.)

Boiled custard using whole egg. Add $\frac{1}{2}$ cup grated chocolate, mix thoroughly. Served in glass cups with whipped cream.

Caramel Custard.

One cup granulated sugar in small saucepan, 2 tablespoons water, stir until it melts, cook until light brown. Turn $\frac{1}{2}$ of it into a well buttered pan with straight sides, flat top, let it cool. Into rest, turn $\frac{1}{2}$ cup hot water, stand until caramel dissolves. This is for a sauce. Stir 4 yolks and 2 whole eggs with 3 tablespoons sugar and $\frac{1}{2}$ salt-spoon salt to a cream, 1 pint scalded milk, $\frac{1}{2}$ teaspoon vanilla. Turn in mold on cold caramel, place mold in pan of hot water, bake $\frac{1}{2}$ hour until firm in center. Unmold custard when ready to serve. It will have a glaze of caramel over top, some will run down the sides. Serve sauce in another dish.

Caramel Custard.

MISS ANNA MONAHAN.

Put 3 tablespoons of white sugar in pan and brown a dark color, scald 1 quart of milk, put sugar in milk, beat 3 eggs well adding a little sugar to hold together, add to milk with caramel, stir well. Put in pudding dish, set in hot water while in oven.

Junket Custards.

CHR. HANSEN.

One quart warm milk, 1 junket tablet. Sweeten, flavor and color milk if different colored custards are desired. Soak junket tablet in tablespoon cold milk, when dissolved add to warm milk, turn into glass dish, set away in cool place till served. • Excellent for children and invalids.

Take $1\frac{1}{2}$ cups of milk to which 2 tablespoons of melted chocolate is added, 1 tablespoon sugar, warm, add $\frac{1}{2}$ junket tablet dissolved in cold milk, stir and turn into glass dish. Stand until set.

Color $1\frac{1}{2}$ cups milk a delicate pink, flavor, warm, add $\frac{1}{8}$ junket tablet dissolved, stir and turn over chocolate custard, stand until set.

Flavor and sweeten the remainder $1\frac{1}{2}$ cups milk, warm, add junket, turn in same dish over pink custard. Three layers different color. Serve with whipped cream.

Soufflés.

ENTREE OR DESSERT.

Soufflés are a combination of milk and eggs and require careful cooking and serving as soon as they leave the oven. Foundation of many, a thick white sauce, with whites of eggs beaten lightly and folded in, made sweet or combined with any cooked meat or vegetable.

Vanilla Soufflé.

One cup milk.	2 tablespoons butter.
Two tablespoons flour.	$\frac{1}{2}$ teaspoon salt.
Three tablespoons sugar.	1 teaspoon vanilla.
Four eggs.	

Put butter into saucepan, when it bubbles, add flour, stir 3 minutes, add gradually warm milk. Stir for ten minutes, then add beaten yolks, sugar and salt. Stir well, add flavor. Set away to cool. Just before serving time fold in stiffly beaten whites of eggs. Put in baking-dish or individual ramakin cups, bake over hot water 20 or 30 minutes. Serve with foamy sauce.

Prune Soufflé.

One-fourth pound prunes.	4 eggs.
Four tablespoons powdered sugar.	1 teaspoon vanilla.

Cook prunes cut into small pieces, beat yolks of eggs and sugar very light, add vanilla and mix with the prunes. When ready to serve, fold in lightly beaten whites, put in pudding dish, bake gently 20 minutes. Serve with hard or foamy sauce.

Spinach Soufflé.

Spinach boiled and chopped fine.

Two tablespoons butter.	1 cup milk or cream.
Two tablespoons flour.	3 eggs, separate.
One-half teaspoon salt.	$\frac{1}{2}$ cup spinach (fine).
One-half salt-spoon paprika.	2 teaspoons vinegar.

Make white sauce with butter, flour and milk, season, stir in well beaten yolks, cool, fold in well beaten whites, add spinach. Put in dish or cups, bake over water 20 minutes.

Cheese Soufflé.

Two tablespoons butter.	$\frac{1}{2}$ cup grated cheese.
Two tablespoons flour.	1 teaspoon salt.
One cup milk.	1 salt-spoon paprika.
4 eggs.	

Make white sauce with butter, flour and milk, add seasoning, add beaten yolks and grated cheese, cook gently, stirring until cheese is dissolved, cool, fold in stiffly beaten whites. Serve in pudding dish or individual dishes. Bake over water 20 to 30 minutes. Serve at once—last course before dessert.

Apple Whip or Soufflé.

Bake 4 apples, remove pulp. Beat whites of 4 eggs very stiff, adding 4 tablespoons sifted powdered sugar and a dash of nutmeg, beat into apple pulp until very light. Can serve in glass dish heaped up or put in baker, sift powdered sugar and stand in gentle oven 20 minutes.

CHAPTER XVII.

Fritters.

(Entrée or Dessert.)

If properly fried are wholesome. Fat at temperature 350° Fahrenheit. Piece of bread brown while you count 40. Make batter 2 hours before using. Smoother.

Fritter Batter.

Two eggs.	1 salt-spoon salt.
Two teaspoons salad oil.	If for sweet fritters, 1 teaspoon
$\frac{1}{2}$ cup cold water.	sugar.
One cup flour.	1 tablespoon brandy.

If for clam or oysters, use liquor from clams or oysters instead of water, tablespoon lemon juice, salt and pepper, and make batter rather stiffer.

Clam Fritters.

Chop clams fine, stir into batter, drop from spoon, fry until golden brown, drain on cloth or paper. Serve on napkin.

Apple Fritters.

Cut firm apples cross-wise, thin slices, after removing core and peel, cover and dry in a napkin, grate nutmeg over, dip in fritter batter, covering entirely, drop two at a time in hot fat, leave until an amber color and apples are soft, remove with skimmer, drain on paper in warm oven. Dredge with powdered sugar. Serve on folded napkin. Serve with brandy sauce.

Peaches—sliced, dipped in macaroon powder, then in batter, and fried as apple fritters.

Apples—chopped fine, stirred into batter and dropped from spoon like balls.

Grated corn or peas—stirred into batter well seasoned with salt and pepper, dropped from spoon.

Egg-Plant Fritters.

MRS. ARISTA M. FERGUSON.

Peel and slice egg-plant, cover with boiling water, in which cook until tender, drain well and mash fine, salt to taste. To each cup of egg-plant add a teaspoon sugar, a tablespoon flour and 1 egg, drop by spoonfull into deep, smoking fat, brown, drain on coarse cloth or brown paper. Sprinkle lightly with sugar and serve.

Vanities--Tea or Dessert.

Beat two eggs, stir in a pinch of salt and $\frac{1}{2}$ teaspoon rosewater, add sifted flour until just thick enough to roll out, cut with cake-cutter, fry quickly in hot fat, sift with powdered sugar, and, when cool, put teaspoon of jelly in center of each.

Bananas—sliced, cut in halves, dipped in batter and fried.

Crème Fréte.

Scald a cup milk with a stick cinnamon, beat together $\frac{1}{2}$ cup sugar, 1 tablespoon cornstarch, 2 teaspoons flour, yolks 2 eggs, 2 tablespoons milk, salt-spoon salt. Pour scalding milk in mixture, stir well, add $\frac{1}{2}$ teaspoon butter and vanilla, pour into buttered pan $\frac{3}{4}$ inch thick, when firm cut into strips $2\frac{1}{2}$ inches long, 1 inch wide, roll in sifted crumbs, then in beaten egg with 1 tablespoon water, then crumbs, fry brown in hot fat, sprinkle with sugar. Serve on napkin.

Balloons.

Take stiff sponge for rolls,—light, drop in balls from spoon, fry in hot fat, drain and serve for breakfast with butter.

CHAPTER XVIII.

Timbales.

Forms of pastry or force meat filled with salpicon, made in individual, border or cylindrical molds. Truffles can be used to decorate, pieces left over used in sauce.

Small timbale molds are made of tin; large bowl can be used for large ones.

A timbale iron, solid iron, with long handle, plain or fluted sides, heated in the deep fat, dipped in fritter batter, then in hot fat till brown, forms cup in which can be served creamed meats, vegetables or fruit. Entrée or dessert.

Fontage Cups.

Make a batter as for fritters, add water or milk until a thin batter, can omit oil, and if to serve fruit add a teaspoon sugar to batter. Batter is smoother if made awhile before using, and strain if lumpy, as the lumps appear on cups.

Place iron in fat, have pan with cheese-cloth or paper for draining, and cheese-cloth for wiping fat from iron, or cups slip off and fat drains into batter. Have batter in measuring cup three-fourths full, or other narrow vessel; stand it on pan close to kettle. Raise iron from kettle, turn over to drain, wipe, then dip into batter, leaving until batter adheres, place in hot fat until cup is light brown, detach from iron with fork. Repeat operation until batter is used. The fritter butter will make 12 cups; stand them apart, will keep, warming a little when used. Any creamed vegetables or meat can be served in them $\frac{1}{2}$ cup full to each. Garnish with parsley. Mushrooms and sweetbreads, a good combination. Sauce rather thick, seasoned with lemon juice and herbs.

Fruit Timbale.

Make a sugar syrup using fruit juice, thicken with a little arrowroot, add fruits cut into cubes, mix with syrup. Fill cups with salpicon. Serve as first course at luncheon. Serve in cups.

Honeycomb Timbale.

Boil large macaroni 25 minutes, put in cold water to harden, put butter $\frac{1}{4}$ inch thick around bowl, cut macaroni in $\frac{1}{2}$ inch lengths and line bowl with pieces, on ends.

FILLING.—Meat of one chicken, ground fine incorporated with it white of one egg, 4 tablespoons bread crumbs, 1 cup of cream, $\frac{1}{2}$ cup butter, $\frac{1}{2}$ teaspoon salt, $\frac{1}{4}$ teaspoon paprika, 1 teaspoon lemon juice, yolk of 5 eggs (beaten), $\frac{1}{4}$ teaspoon nutmeg.

To make panada, soak the crumbs of bread in milk, place in saucepan with cream or milk and cook until it leaves sides of pan, add seasoning, eggs, butter, meat pulp and lemon juice. Mix well; put on macaroni in bowl; press down, cover with oiled paper and steam 40 minutes. Turn out on serving-dish, garnish and serve.

Small molds may be lined with macaroni or spaghetti coiled round. Filled with force meat poached over hot water. Served as an entrée.

Timbales of Spinach.

Butter small molds, make a daisy in bottom of hard boiled egg, using white for petals, yoke for center. Fill mold with finely chopped spinach, mixed with cream sauce, poach gently and unmold to serve.

Rice or farina served in the same way, using a tomato sauce.

Make fish timbales same as chicken.

QUENELLES are panada mixed with meat and raw egg, seasoned; can make into balls and poach. Serve as a garnish.

CHAPTER XIX.

Croquettes.

A good way to utilize left-overs; any bits of one or more kinds of meat, fish or vegetables, with stock gravy fruit. Bread crumbs can be rolled and sifted for breading or rolling, or made into puddings or griddle cakes. Shredded wheat biscuit crumbs are fine for rolling. All fats can be clarified, used for deep frying.

The sauce for croquettes is thick; when cold mixed with meat. May be handled easily, yet inside should be soft and creamy.

Cream Sauce for Croquettes.

One pint hot milk or cream.	Small Rule. $\frac{1}{4}$ cup.
One rounding tablespoon butter.	1 teaspoon.
Four rounding tablespoons flour.	$\frac{1}{2}$ tablespoon.
One-half teaspoon salt.	Speck.
One-half teaspoon paprika and celery salt.	Dash.
One tablespoon lemon juice.	$\frac{1}{2}$ teaspoon.
Few drops of onion juice.	Dash.

Put butter in saucepan, when bubbles add flour, stirring all the time; add milk gradually, stirring until thick, set back; add seasoning and lemon. Can add a little chopped parsley or truffle. Stir in four cups of meat pulp, spread out on pan $\frac{3}{4}$ inch thick, smooth top and cover with oiled paper. When cold, cut into strips 1 inch wide, $2\frac{1}{2}$ inches long; roll on marble or board to make cylinders or shape like cones. Roll in bread crumbs then in beaten egg, mixed with tablespoon water, salt and pepper, then in crumbs, making all uniform; chill. When ready to use, put about four in frying basket, brown, drain on paper. To serve, lay side by side on napkin or arrange with tomato sauce served around, or white sauce. Garnish

with parsley or water cress. Fat hot when bread browns while you count 40.

TO MAKE LIKE FRENCH CHOPS.—Shape like chops, roll in crumbs, egg and crumbs. In end put piece of macaroni two inches long; when fried drain, arrange on platter, overlapping each other with paper ruffle on each end.

Lobster croquettes have lobster claw in end. Shape like a pear with twig inserted for stem.

Can poach an egg, trim, roll in crumbs, egg and crumbs, brown in fat. Serve on toast.

Boudin Rouinnaise.

Butter and make wall of chicken force meat in individual molds, fill center with chopped ham or a vegetable, covering top with chicken, poach, roll in egg and crumbs, brown in hot fat. Serve with sauce Allemande.

Rice or Farina Croquettes.

One cup rice or farina, dry, with yolk of one egg, salt-
spoon nutmeg or mace, 1 teaspoon butter, tablespoon
sugar, stir together, shape in balls, in side make place for
raisin, close, roll in egg and crumbs, fry. Serve with
jelly sauce.

Can make croquettes of fruits, oysters, clams, macaroni,
cereal, potatoes.

**To Make Shells for Creamed Meats in Place of Puff
Paste--Bread Croûtes.**

Thick slice of bread, cut round with biscuit cutter,
then cut out center with smaller cutter, only cutting half
way down, brown in hot fat, fill with creamed meat or fish.
Can shape oblong or square, leaving a wall $\frac{1}{2}$ inch thick.
Brush with white of egg. The crumbs can be removed
from center of whole loaf, outside crust removed, filled
with scalloped oysters, baked and served. Brush inside
with white of egg so as not to soak liquid.

CROQUETTES.

Roll Shells.

Cut off top of Vienna rolls, remove crumb from inside, butter and put in oven to brown. Fill with any creamed meat. Replace top.

Canapées.

Bread toasted or fried in hot fat, or dipped in butter and browned in oven, spread with some seasoned mixture. Serve hot. Cut $\frac{1}{4}$ inch thick, shaped round, square, or long, fingers.

Cheese Canapées.

Bread 4 inches long, spread with butter, sprinkle with salt and paprika, spread grated cheese over, stand in oven until cheese melts. Serve hot with French mustard.

Anchovy or Sardine Canapées.

Spread fingers of fried bread with anchovy paste, arrange white and yellow lines of hard boiled eggs on top, garnish with olives. First course at dinner.

Caviar Canapées.

Fingers of fried bread spread with chopped onion and caviar. First course, appetizer.

Cream Puffs.

One cup hot water.	Small Rule. 3 tablespoons.
One-half teaspoon salt.	Speck.
One-half cup butter.	1 tablespoon.
One and $\frac{1}{2}$ cups pastry flour.	Generous $\frac{1}{4}$ cup.
Five eggs, separate.	1 egg.

Boil the water, salt and butter, while boiling, add dry flour, stir well for 5 minutes, when cool, add eggs one at a time, beating hard with wooden spoon. This mixture must be a stiff batter, if not add a little more flour, when well mixed, drop by tablespoonful on greased baking tin, a distance apart. Brush over with beaten egg. Bake in moderate oven 25 or 30 minutes. They should increase three times in size, be brown.

Open in one of the seams or at side, fill with cream or thick boiled custard, sift powdered sugar on top. Filling can be pressed in from pastry bag.

Cream for Puffs.

Small Rule.

One pint milk, hot.	$\frac{1}{2}$ cup.
Three tablespoons flour.	2 teaspoons.
Three eggs well beaten.	2 tablespoons.
Three-fourths cup sugar	1 rounding tablespoon.
Salt-spoon salt.	Speck.
Teaspoon butter.	Salt-spoon.

Double boiler or saucepan in another pan of water. Wet flour in cold milk, cook in scalding milk 10 minutes, beat eggs, add sugar and thickened milk, cook 5 minutes, flavor with vanilla, lemon or almond. This must be consistency of whipped cream.

Can fill with sweetened whipped cream.

Into filling stir $\frac{1}{4}$ cup grated chocolate for chocolate filling.

E'clairs are made of same paste, 3 inches long pressed out from pastry bag. Filling pressed in from pastry bag. Brushed over with melted chocolate, sweetened.

CHAPTER XX.

Jellies with Gelatine.

Gelatine derived from swim bladder of fishes, from bones, and ligaments, from some sea plants. Used alone, it fails to have much nutritive power; with other food it is a useful aliment. It is an albumen sparer. Knox's gelatine from veal. With different flavors, colors and combinations a great variety of dishes can be made. Have jellies clear and right consistency. If soaked in warm water it will have a disagreeable odor. Does not need cooking, boiling down, will not stiffen. In summer you need more gelatine; granulated gelatine more easily measured. Much stirring will cloud jelly.

Lemon Jelly.**Small Rule.**

One-half box Knox's gelatine.	1 teaspoon.
One scant cup cold water.	2 tablespoons.
One pint boiling water.	4 tablespoons.
One cup sugar.	2 tablespoons.
One-half cup lemon juice and zest.	1 tablespoon.
Juice of one orange.	1 teaspoon.

Soak gelatine in cold water, stirring; add sugar, cinnamon and juice to boiling water, scald; add gelatine, stir and strain through flannel bag into a mold, wet with cold water. Make day before needed.

Orange jelly same, except using juice of one lemon and six large oranges.

To Mold Fruit in Jelly.

Prepare lemon or orange jelly. Pack jelly mold in pan of ice, turn in jelly $\frac{1}{2}$ inch deep, let harden then lay on candied or fresh fruits, sections of oranges, a bunch of grapes or what not, fastening fruit in place with a little

jelly, before adding enough to cover fruit. Repeat till mold is full. When a variety of fruits are used it is called a Macedoin of fruit.

Can arrange jelly in different colors, first coloring and get firm one layer before the second is added, then later add a third.

Orange Baskets.

Cut handle and make basket of oranges. Remove pulp from orange, putting baskets in water until needed or they will dry. Make jelly with pulp and juice, fill baskets, stand on ice to get firm. Serve with whipped cream, basket standing on geranium leaf. Can tie sprig of holly on handle at Christmas time. Can mix fruits with jelly before filling baskets.

Wine Jelly.

Soak $\frac{1}{2}$ box gelatine in $\frac{1}{2}$ cup cold water. To cup of boiling water add stick cinnamon and celery, 2 cloves, juice of lemon, cup sugar, boil 15 minutes. Add gelatine, then a cup of sherry or port wine. Strain into mold.

Coffee Jelly.

Use recipe for wine jelly, omitting wine and lemon, add $\frac{3}{4}$ cup strong coffee. Mold in a ring mold. When unmolded, fill center with whipped cream.

Snow Pudding.

Make wine or lemon jelly, when set around edges beat with Dover egg beater until it is like a mass of snow. Serve with a boiled custard sauce. Can add whites of 3 eggs, well beaten.

RUSSIAN JELLIES.—Double mold used. Make outside layer of transparent jelly; when set, remove inner mold, fill center with some of same jelly, whipped until foamy. If one has not double mold can improvise one by taking a 2-quart pan, setting fruit jar filled with water in center. When jelly is set, turn cold water out, replace with warm

and it will lift out. Can color jellies to harmonize with color effect of table.

Spanish Cream. Small Rule.

One-half box gelatine.	One rounding teaspoon.
One-fourth cup cold water.	2 teaspoons.
Three-fourths cup boiling water.	3 teaspoons.
Yolks 3 eggs.	2 tablespoons.
Three tablespoons sugar.	2 teaspoons.
One-half salt-spoon salt.	Speck.
One pint milk.	$\frac{1}{4}$ cup.
Whites of 3 eggs.	1 tablespoon.
One teaspoon vanilla.	6 drops.

Soak gelatine in cold water 15 minutes, dissolve in boiling water. Make a custard with the yolks, beaten, with sugar and salt; pour over hot milk and cook in double boiler till it thickens, then add gelatine water, the vanilla, stand in cold water and beat till cool. Add whites of eggs, beaten stiff; mix well, turn into mold, wet in cold water, place on ice; when ready to serve, turn out on glass dish.

Charlotte Russe. Small Rule.

One tablespoon gelatine.	$\frac{1}{2}$ teaspoon.
One-fourth cup cold water.	2 teaspoons.
One-fourth cup boiling water.	2 teaspoons.
One-third cup sugar.	3 teaspoons.
One teaspoon vanilla.	6 drops.
Whites of 3 eggs.	2 tablespoons.
Pint cream (to whip).	$\frac{1}{2}$ cup (whipped).
Two dozen lady fingers.	4 lady fingers.

Put paper in bottom bread tin, split lady fingers, dip edges in white of egg, and make a lining in pan, sides and bottom. Soak gelatine in cold water, add boiling water in which sugar has been dissolved; flavor, cool. When firm around edges, beat until light and foamy, add to whipped cream, beating with Dover egg beater; fold in beaten whites, turn into mold. When served, lay platter on pan, turn over and pudding will come out, remove paper, sift with powdered sugar. Will serve 8 persons.

Prune Jelly.

Make a lemon or orange jelly, stew $\frac{1}{2}$ pound of prunes, cut into pieces, grate nutmeg over, stir into jelly, when partly set add $\frac{1}{2}$ cup nuts chopped, when firm unmold. Serve with cream.

CHAPTER XXI.

Puddings.**Raisin Puffs.**

CAROLYN PAGE HOLMES.

Two eggs, $\frac{1}{2}$ cup butter, 2 tablespoons sugar, 2 cups flour, 1 cup milk, 1 cup chopped raisins, 3 teaspoons baking powder, butter cups, fill $\frac{1}{2}$ full of batter, steam $\frac{3}{4}$ hour.

Steamed Puddings.

One pint sifted flour.
 Two rounding teaspoons baking powder.
 One teaspoon of melted butter.
 One cup water.
 Or if 1 cup milk instead of water omit butter.
 One salt-spoon salt.

Sift salt and baking powder with flour, add milk or water to flour until mixture is a drop batter. In pudding-dish have a pint of apple sauce well sweetened a teaspoon of butter and a salt-spoon of nutmeg grated over top, pour batter over and steam, tightly covered, 20 minutes. Serve with hard sauce. Same batter serves for dumpling with stew.

Suet Pudding.

Two cups sifted flour.	Small Rule.
One-half cup fine chopped suet.	$\frac{1}{2}$ cup.
One-half teaspoon salt.	1 tablespoon.
Beaten white one egg.	Speck.
Three-fourths cup milk.	Teaspoon.
One salt-spoon nutmeg.	$1\frac{1}{2}$ tablespoon.
Two cups chopped apple or blackberries.	Speck.
	$\frac{1}{4}$ cup.

Rub suet, salt and nutmeg with flour, add milk until soft dough, then beaten white of egg, roll out $\frac{1}{2}$ inch thick,



CHARLOTTE RUSSE WITH PECAN NUTS.



CORN-STARCH AND CRANBERRY JELLY PUDDING, GARNISHED WITH CANDIED CHERRIES AND NASTURTIUM.



GRAPES MOLDED IN JELLY.

spread berries or apple over, roll up like jelly roll, wetting edges, and press together, put in pan or plate, steam 1 hour. Serve with hard sauce.

Graham Pudding.

Two cups Graham flour.	Small Rule. $\frac{1}{2}$ cup.
One cup molasses.	2 tablespoons.
One cup sweet milk.	2 tablespoons.
One cup raisins, seeded and chopped.	2 tablespoons.
One rounding teaspoon soda.	$\frac{1}{4}$ level teaspoon.

Sift half soda with flour, $\frac{1}{2}$ with molasses, mix milk and molasses, stir into flour, put into buttered mold, steam 3 hours. Foamy sauce.

Steamed Apple Dumplings.

Dough as for suet pudding. Core and pare small apples. Take piece of dough, with hands shape it around apple, pressing ends together at top, put in pan, steam 30 minutes. Serve with hard or foamy sauce.

Shredded Wheat Steamed Pudding.

Three cups shredded wheat crumbs, 1 cup whole wheat in which has been added a teaspoon baking powder, $\frac{1}{2}$ cup butter, 1 cup washed raisins chopped with 2 cups apple, $\frac{3}{4}$ cup molasses, 1 scant teaspoon soda, $\frac{1}{2}$ teaspoon salt, 2 cups sweet milk. Have water boiling, butter mold. Mix butter and rolled shredded wheat together, add flour, then salt, cinnamon, nutmeg and chopped fruit, mix well, add soda to molasses, stir, add to mixture, mix, add milk, pour into mold. Cover and steam for 3 hours. Serve with hard sauce.

English Plum Pudding.

MISS LOIS ROBBINS.

One pound each suet, brown sugar, currants, sultana raisins, and mix with candied peel, $\frac{1}{2}$ pound of flour, 1 teaspoon salt, 2 teaspoons mixed spices, 8 eggs, $\frac{1}{4}$ pint brandy. Mix in following order: Flour, salt, spice, sugar,

raisins, peel and currants. Beat eggs, add brandy and pour over mass, mix 25 minutes, steam 10 or twelve hours.

Lard pails and baking powder cans serve as good molds, well buttered. Put oiled paper over tops. Serve with hard or brandy sauce.

Plum Pudding--Domestic Sauce.

Three-fourths pound of chopped suet and with it, while chopping, add $\frac{1}{2}$ cup flour; $1\frac{1}{2}$ cups chopped raisins, $1\frac{1}{2}$ cups currants, $\frac{1}{2}$ cup citron, 2 cups bread or shredded wheat biscuit crumbs, grated zest of lemon, $\frac{1}{2}$ cup candied orange and figs, $\frac{1}{2}$ teaspoon each cinnamon, cloves, nutmeg, allspice, $\frac{1}{2}$ cup whole wheat flour. Mix all dry things together. Add 6 eggs beaten lightly, $\frac{1}{2}$ cup brandy. Mix thoroughly. Add another egg if too stiff, more crumbs if too thin. Put in well-buttered molds, steam 4 hours. Serve with hard or brandy sauce.

Cherry Pudding.

MRS. F. W. MARCHISI.

Two and one-half cups flour.	4 eggs, separate.
One rounding teaspoon baking powder.	$\frac{1}{2}$ teaspoon salt.
Two cups sweet milk.	1 salt-spoon mace.
One pint cherries, pitted.	

Sift flour, baking powder, mace and salt together. Add part of milk and well-beaten yolks. Add remainder of milk and stiffly-beaten whites. Stir in cherries, steam, covered, 1 hour. Serve with foamy sauce.

Queen of Puddings.

One pint bread crumbs, 1 quart milk, 1 cup sugar, yolks of 4 eggs, white of 1 well beaten, grated rind of 1 lemon, $\frac{1}{3}$ cup melted butter. Stir all together, bake 30 minutes. When pudding is done spread with jelly and meringue, made with whites of 3 eggs, brown slightly in oven.

George's Delight.

MRS. OLIVE CURRIER.

Two cups chopped bread crumbs.	2 cups chopped suet.
One-half cup molasses.	1 cup raisins.
One egg.	1 cup sweet milk.
One-fourth teaspoon of cloves and cinnamon.	$\frac{1}{2}$ teaspoon soda.
Little salt and nutmeg.	2 tablespoons flour.

Boil 2 hours in tin pudding boiler and eat with foaming sauce.

Foaming Sauce.

Beat $\frac{1}{2}$ cup butter to a cream with 1 cup powdered sugar. Stir until white and foaming. Just before serving, add 1 cup boiling water, and glass of sherry wine.

Marlborough Pie.

MRS. JONES.

Two heaping cups grated apple.
One and one-half cup sugar.
Four eggs.
One-half cup melted butter.
One cup milk or cream.
Juice and grated rind of 1 lemon.
Little mace or nutmeg.
Cinnamon and salt.

Strawberry Pudding.

MISS FALLES.

Three tablespoons melted butter.
One-half cup sugar.
One egg.
One cup milk.
Two cups flour.
One-half teaspoon soda.
One teaspoon cream tartar.
One cup crushed strawberries.

Steam 2 hours. Serve with strawberry sauce.

Brown Betty.

In pudding dish arrange alternate layers of sliced apples and bread crumbs, grape-nut or rolled shredded

wheat biscuit; season each layer with butter, sugar, clove, cinnamon, mace. When dish is full pour over one cup of molasses and water mixed. Cover with buttered crumbs, stand dish in pan of water, bake until fruit is soft. Serve with cream.

Apple Dumplings. (Baked.)

Core and pare small apples. Pie crust rolled $\frac{1}{4}$ inch thick, cut in squares large enough to cover apple, wet edges, set apple on square, fill center with sugar, butter and mace, fold two opposite corners of paste over center of apple, then two opposite corners, press edges together and twist corners; brush over with egg beaten with a tablespoon water, bake 30 minutes. Serve with plain pudding sauce. Peaches and pears prepared same.

Corn-Starch and Jelly Pudding.

Make corn-starch pudding, mold in deep soup plate; make cranberry jelly, in same kind of mold. In glass dish unmold jelly, placing corn starch pudding on top. Candied cherries around. Garnish with whipped cream. Can make in individual molds. Very pretty.

Corn-Starch Pudding.

Small Rule.

One pint milk.	One-fourth cup.
Two heaping tablespoons corn-starch.	1 heaping teaspoons.
Three tablespoons sugar.	2 teaspoons.
Whites of 3 eggs.	1 tablespoon after beating.
One-half teaspoon vanilla.	6 drops.

Dissolve corn-starch in a little cold milk, stir the sugar into rest of milk and scald; add corn-starch, stir until well thickened; stir in well-beaten whites, beating vigorously, add flavor. Turn into mold wet with water. Can color if desired and serve with whipped cream, or with boiled custard made with yolks of eggs.

(Chocolate pudding—add $\frac{1}{2}$ cup melted chocolate.)

Compôte of Apple with Rice.

Core, with apple corer, and peel six apples. Stew until clear in a syrup made of $\frac{1}{2}$ cup sugar, 1 cup water and tablespoon lemon. Place apples on a bed of well boiled rice. In center of each apple put a teaspoon of jelly. Boil syrup and pour over apples as a glaze. Serve with whipped cream.

Lemon Toast.

MRS. GENEVIEVE DE MENT.

Slices of baker's bread dipped in half pint of milk and the yolks of three eggs, sautéed in hot fat and served hot.

SAUCE—Two tablespoons butter, 1 cup sugar, whites of 3 eggs, well beaten; heat in double boiler, add juice and zest of 1 lemon. Serve over toast.

To use Stale Cake.

Spread slices of stale cake with jelly or jam put in dish, pour over it boiled custard. Make a meringue of whites of two eggs and two tablespoons of powdered sugar, $\frac{1}{2}$ teaspoon flavoring. Put in spoonfuls over custard. Stand in oven to brown. Serve cold.

Sponge Pudding.

Small Rule.

One-fourth cup sugar.	2 teaspoons.
One-half cup flour.	1 tablespoon.
One pint milk, scalded.	$\frac{1}{2}$ cup.
One-fourth cup butter.	2 teaspoons.
Five yolks of eggs.	2 teaspoons after beating.
Five whites.	2 tablespoons after beating.

Mix sugar and flour, wet with cold milk, stir into hot milk. Cook until it thickens and is smooth; add butter, then well beaten yolks, beat well then add well-beaten whites. Bake in cups or pudding dish set in hot water. Serve with creamy sauce.

Bread Pudding.

Spread 3 slices of bread with butter, make a custard of 3 cups milk, 3 tablespoons sugar, 3 eggs, pour over bread. grate nutmeg over top. Bake in moderate oven until nearly firm in center. Can add raisins.

Tapioca Pudding.

1st. Soak tapioca in water four hours, unless you use instantaneous tapioca, add one cup to custard for bread pudding. Bake gently 30 minutes.

2nd. Sweeten and flavor with lemon one cup soaked tapioca in one pint of water, add six small apples, pared and cored. Bake until apples are tender. Serve with sponge cake and whipped cream or fruit sauce.

Cottage Pudding.

	Small Rule.
One cup flour.	$\frac{1}{4}$ cup.
One teaspoon baking powder.	$\frac{1}{4}$ teaspoon.
One salt-spoon salt.	Speck.
Two-thirds cup sugar.	2 tablespoons.
One and $\frac{1}{2}$ tablespoon melted butter.	$1\frac{1}{2}$ teaspoon.
One cup milk.	$\frac{1}{4}$ cup.
One egg.	$\frac{1}{4}$ egg after beating.

Sift flour, baking powder and salt together. Beat egg, add sugar and milk, stir into flour, add butter, stir. Bake in oiled pan. Serve with plain pudding sauce.

CHAPTER XXII.

Cake.

(HARDESTY'S FLAVORING.)

1st care, oven. Steady fire which will last during baking.

Gas stove—Light both burners four minutes before putting cake in oven, then turn out back burner and sometimes front burner needs to be turned a little; should there be too much heat below put asbestos or pan of water at bottom.

OVEN TEST—White paper a golden brown after 4 minutes for loaf cake. For layer cake—paper brown in 3 minutes.

If cake rises and falls, too much baking powder. If cake cracks, too much heat at first. If cake rises to a high point in center and cracks, too much flour.

Sift flour before measuring, then sift with baking powder. Sift sugar before measuring. Have pans lined and oiled.

Measure everything before beginning to make cake. Pastry flour—more starchy—will make more tender cake. More sifting makes flour dryer and lighter. Have good baking powder and use very little. Lightness and fineness depends upon amount of beating given butter, sugar and eggs. Exercise of muscle, then care in baking.

A wire rack is desirable for placing cake upon removing from oven, that air can circulate all around to prevent sweating.

Have a fine knitting needle for testing cake.

A large loaf cake requires pan with stem in center.

One division of cake is without butter, many eggs, in which air is beaten.

Second division with butter, much time given to creaming.

An earthen bowl and wooden spoon is essential. Dover beater for yolks of eggs. A wire or daisy beater for whites, which for sponge or angel food should be beaten light and dry with a dash of salt, or a little acid to stiffen albumen. Whites should be cut or folded in, that the air cells formed by beating shall not be broken. Heat of oven if gentle will cause them to expand. Cake is baked when it shrinks from the pan, stops singing, or when knitting needle is put in and comes out clean.

Do not hurry to remove cake from oven.

Eggs must be fresh and cold.

Sponge Cake.

Small Rule.

Five eggs.	[sugar.	1 egg.
One cup powered or granulated		3 tablespoons.
One salt-spoon salt.		Speck.
Two teaspoons lemon juice.		1 scant $\frac{1}{2}$ teaspoon.
Two teaspoons water.		1 scant $\frac{1}{2}$ teaspoon.
One cup flour, sifted 6 times.		3 rounding tablespoons.

Do not grease pan, line bottom with paper. Separate eggs, beat yolks until very creamy and light, add sugar, gradually, beating all the time, add lemon juice, water, a little of the stiffly beaten white, just enough to make mixture moist enough to stir in flour, add flour, fold in whites. Put in pan and sift powdered sugar over top to make crust. Oven must be so gentle that cake will not begin to brown for twenty minutes, bake 30 minutes. When removed from oven stand pan bottom side up on rack, or one end raised, cake will loosen after a little.

1st 15 minutes cake must rise.

2nd 15 minutes brown around edges.

3d 15 minutes golden brown all over.

Angel Food.

Whites 6 eggs.	White 1 egg.
One-half cup pastry flour.	1 tablespoon.
Three-fourths cup (scant) sifted sugar.	1½ tablespoon.
One salt-spoon cream tartar.	Speck.
One-half teaspoon flavoring.	6 drops.

Sift flour before measuring, then sift 10 times. Sift sugar before measuring.

Beat whites in large bowl or on a platter, adding cream tartar, when stiff, add sugar and beat until incorporated with eggs, sift flour over top and fold in lightly, add flavoring. Turn into lined pan, shake pan down twice, sift powdered sugar over top, bake 40 minutes. Slow heat. Do not look in oven for 20 minutes. When done remove from oven, turn pan bottom side up on rack or raise one end of pan, cake will drop out.

Can sift flour and sugar together and fold into the whites all together.

Can bake one inch thick, spread with icing, cut in squares.

Sunshine Cake.

MRS. E. M. BIRDSEY.

Whites of 6 eggs.
 Yolks of 3 eggs.
 Three-fourths cup sugar.
 One-half cup flour.
 One teaspoon orange juice.

Beat yolks of eggs very light (daisy egg beater), add sugar, beat well; orange juice, beat well; fold in stiffly beaten whites; fold in flour. Bake as angel food.

Lady Fingers.

Six eggs, 1½ cups powdered sugar, 1 cup flour, ½ salt-spoon salt, ½ teaspoon flavoring. Combine as for sponge cake. Press mixture through pastry bag, have opening ½ inch wide, three inches long or bake on sheets with lady finger molds; bake 10 minutes, not brown.

Stick two together with white of egg or jelly. Can drop by spoonful, sift sugar over, bake 15 minutes, put two together with jam.

Macaroons.

One-quarter pound almond paste, $\frac{1}{2}$ cup powdered sugar, whites of 2 eggs, $\frac{1}{2}$ cup sifted cracker crumbs. Mix almond paste and sugar smoothly together, add $\frac{1}{4}$ teaspoon almond extract, crumbs and the beaten whites; beat thoroughly together. Put in pastry bag and drop in balls a distance apart. If they spread, add a teaspoon flour. Brush over with egg and bake until brown.

Cocoanut Balls.

Beat white of egg stiffly, add to it $\frac{1}{2}$ cup dessicated cocoanut and $\frac{1}{2}$ cup powdered sugar. Drop in balls on paper. Bake in gentle oven until slightly brown.

When using fruit in cake, have well floured; it will not settle. Shave citron, put in after mixture is in pans.

Cup Cake--(Bake Little Cake as Test.)

A good foundation for several different cakes, taking name from ingredients added.

	Small Rule.
One-half cup butter.	1 tablespoon.
One and one-half cups sugar.	$2\frac{1}{2}$ tablespoons.
One cup milk.	2 tablespoons.
Two and one-half or 3 cups flour.	$\frac{1}{2}$ cup flour.
Two teaspoons baking powder.	$\frac{1}{4}$ teaspoon.
Four eggs, separate.	$\frac{1}{2}$ egg after beating.
One teaspoon flavoring.	8 drops.

Cream, butter, add sugar gradually, then flavoring, add well-beaten yolks. Sift baking powder with flour. Add, alternately, flour and milk a little at a time until all is in. Pour into pan, bottom lined with paper, greased and floured, half full. Bake about 45 minutes.

Can bake in small pans or drop by half teaspoonful on shallow pan, a distance apart, in form of wafers. Bake quickly, heat at top, until brown, $\frac{1}{8}$ inch from edge. Nice

with tea. Can add nuts, chopped, or raisins. When this recipe is for layer cake use $2\frac{1}{2}$ cups flour. Spread in 2 deep jelly cake pans, those with separate bottoms advised. Spread so that mixture is higher at sides than center. Bake in hotter oven about 30 minute. Spread with chocolate filling, ice top, or can use any filling given below.

Chocolate Filling.

One cup brown sugar, $\frac{1}{2}$ cup chocolate, $\frac{1}{2}$ cup milk, 1 rounding tablespoon butter, 1 teaspoon vanilla. Mix thoroughly and cook as syrup until stiff enough to spread. Stirring makes it grain.

PLAIN ICING—Three tablespoons milk, $\frac{1}{4}$ teaspoon of any flavoring, add sifted powdered sugar until a paste, then beat until stiff enough to spread.

ROYAL ICING—White of one egg, 2 teaspoons lemon juice, 2 teaspoons water, stir; then add sifted powdered sugar until quite thick, beat until stiff. If chocolate is to be added omit lemon juice, add salt-spoon cream tartar, $\frac{1}{2}$ teaspoon vanilla. In cup, over hot water, add $\frac{1}{2}$ cup of grated chocolate, stir until melts, stir into royal icing, spread on cake. Should icing be too stiff add a few drops of cold water. Too much beating will make it dry. (White of 1 egg to 1 cup powdered sugar.)

For ornamental decoration a few drops of acetic acid to Royal icing, it stiffens, then, with pastry bag and tubes, leaves and scrolls can be made on cake.

Fig Filling.

One pound fresh figs, 1 cup sugar, juice of $\frac{1}{2}$ lemon, wine glass of sherry or water, chop figs fine, soak over night in just water to cover, boil till tender, add sugar, cook until smooth enough to spread, add lemon juice and sherry. Spread between layers, Royal icing on top.

Lemon Jelly Filling.

One cup sugar, $\frac{1}{2}$ cup butter, 2 lemons grated rind and juice, yolks 3 eggs, 1 cup boiling water, $1\frac{1}{2}$ tablespoons boiling water, cream butter, add sugar, yolks beaten light, lemon juice, flour. Put on stove and cook until thick and smooth enough to spread.

Orange filling made in same way, using one orange, juice and grated rind.

Caramel Filling.

One cup brown sugar, $\frac{1}{2}$ cup cream, hot, 1 tablespoon butter. Cook and stir until stiff enough to spread.

Caramel Cake.

Three-quarter cup butter, $1\frac{1}{2}$ cups sugar, whites of 7 eggs, 1 teaspoon almond flavoring, $2\frac{1}{2}$ to 3 cups flour, 1 rounding teaspoon baking powder, 1 cup milk.

Cream butter well, add sugar gradually, flavoring, then flour, in which is sifted baking powder and milk gradually, last of all fold in stiffly-beaten whites of eggs. Bake in loaf or in layers, using caramel filling. Can use boiled icing in which is chopped hickory-nut meats.

Chocolate Nougat Cake.

One-half cup butter, $1\frac{1}{2}$ cups powdered sugar, $2\frac{1}{2}$ cups flour, $\frac{1}{2}$ cup milk, $\frac{1}{2}$ cup grated chocolate, 1 teaspoon baking powder, 4 eggs. Cream butter, add gradually 1 cup sugar. Add to grated chocolate $\frac{1}{4}$ cup sugar, $\frac{1}{4}$ cup boiling water, stir until cool, add to butter and sugar, add well beaten eggs, then flour and milk alternately. Bake in 2 layers. Spread with boiled frosting, in which can be placed strips of almond nuts.

Boiled Icing.

One white of egg beaten stiff, 1 cup granulated sugar, $\frac{1}{2}$ cup water, $\frac{1}{2}$ teaspoon flavoring, $\frac{1}{2}$ salt-spoon cream

tartar. In saucepan place sugar, water and cream tartar, stir, place over fire, do not stir again till syrup will form a ball between thumb and finger or when dropped in ice water forms a ball. Pour over beaten egg, beat rapidly with egg beater till stiff enough too spread. Longer beating makes it dryer. If syrup is cooked to much, add a very little water. If not cooked enough let stand in warm oven, occasionally beating. Make icing before beginning to make cake, cover and keep in warm place.

Double recipe for thick filling.

For marshmallow filling, add about 8 marshmallows to syrup just before pouring over white of egg. Or, dissolve a tablespoon of gum arabic in a little water, strain into syrup, flavor with orange flower water.

One Egg Cake.

One-half cup butter, creamed, 1 cup sugar, 1 egg well beaten, 2 cups flour, 1 rounding teaspoon baking powder, teaspoon flavoring, $\frac{1}{2}$ teaspoon mace.

Eggless Cake.

One and one-half cups sugar, 1 cup sour milk, 3 cups sifted flour, $\frac{1}{2}$ cup butter, 1 teaspoon soda, $\frac{1}{2}$ teaspoon each cinnamon and nutmeg, teacup chopped raisins, well floured.

Sour Cream Cake.

MRS. THOMAS SKINNER.

Two eggs (save one white for icing).

One and one-half cups sugar.

Two cups sour cream, into which dissolve 1 teaspoon soda.

One teaspoon vanilla.

Threé cups flour.

- MAPLE SUGAR FOR CAKE. One and one-half cups maple sugar, boil until it threads, then pour it over the beaten white of one egg, and beat until right to spread.

Two Layer Plain Cake.

ALVERTA ELLIS.

3 tablespoons butter, 1 scant cup sugar, 2 eggs, $\frac{1}{2}$ cup milk, $1\frac{1}{2}$ cups flour, 1 teaspoon baking powder, 1 teaspoon vanilla.

Chocolate Cake.

ELIZABETH BROWN.

One-half cup sugar, yolk of 1 egg, 1 large cup grated chocolate, $\frac{1}{2}$ cup milk. Cook all together on back of stove 15 minutes, stirring all the time

LIGHT PART.—One-half cup milk, 1 cup sugar, 1 teaspoon soda dissolved in milk, 2 cups flour, 3 eggs.

Mix light and dark parts together after dark part cools. Bake in jelly tins. For filling use whipped cream. Can use Royal icing for top.

When making white cake can make gold cake from same recipe, using yolks with one white.

Excellent Chocolate Cake.

GENE. DEMENT.

Seven whites of eggs, 2 cups sugar, $\frac{1}{2}$ cup butter, $2\frac{1}{2}$ cups flour, 2 teaspoons baking powder, 1 teaspoon vanilla. Take $\frac{1}{2}$ of mixture, add to it $\frac{1}{2}$ cup of melted chocolate. Bake in 3 layers, chocolate in center.

CUSTARD FILLING FOR IT.—Seven yolks, $\frac{1}{4}$ cup sugar, 1 cup milk. Cook in double boiler. Spread between layers.

Orange Cake.

Two cups flour, 2 cups sugar, $\frac{1}{2}$ cup ice water, yolks 5 eggs, whites of 2, juice and rind of 1 orange, 1 teaspoon baking powder. Three layers in jelly tins.

FILLING FOR ORANGE CAKE.—Beat stiff, whites of 2 eggs, add juice and zest of 1 orange and enough sifted powdered sugar to spread between layers. Plain icing for top.

Spice Cake.

Two or 3 eggs, $\frac{3}{4}$ cup molasses, butter and sugar, 1 cup milk, $2\frac{1}{2}$ cups whole wheat flour, 1 rounding teaspoon baking powder, 1 tablespoon mixed spices, 1 tablespoon vinegar or lemon juice, 1 salt-spoon soda in molasses, 1 cup chopped raisins. Mix in order in which they come. Bake in little tins 25 minutes.

Bread Cake.

Three cups light dough, 1 cup butter, 2 cups sugar, 3 eggs, 2 cups currants, 1 cup flour, 1 cup sweet milk, 2 teaspoons spices, 3 spoons brandy. Let rise 4 hours. Bake like bread.

Pound Cake.

One and three-fourths cups butter, 2 cups sugar, 4 cups flour, after sifting, 10 eggs, separate, $\frac{1}{2}$ nutmeg, grated, $\frac{1}{2}$ glass brandy, 1 teaspoon lemon juice.

Cream the butter a long time, add gradually sugar, creaming all the time with wooden spoon, add lemon juice. Beat yolks stiff, add to butter and sugar, add flour, gradually brandy, fold in well-beaten whites. Bake in bread tins or pan with funnel for 1 hour, gentle over. Can add currants, raisins or citron. Can make in small tins or in form of wafers. Use Royal icing.

White Pound Cake, same, omitting yolks.

Pound Cake.

MRS. MACON.

One scant pound of butter, 1 pound granulated sugar, 10 eggs, 1 pound flour, $\frac{1}{2}$ grated nutmeg (2 tablespoons brandy optional).

Cream, with hand, butter, add sugar gradually, add whole eggs, one at a time, beating well. When all are in and mixture very light, add flour gradually and nutmeg trying sample cake to see if mixture is right. Bake in bread-pan, temperature oven, same as bread.

Fruit Cake.

Small Rule.

Three-fourths pound butter.	2 tablespoons.
One cup granulated sugar.	1½ tablespoons.
One cup brown sugar.	1½ tablespoons.
One-half pound citron (sliced).	1 tablespoon.
Three pounds currants.	½ cup.
Four lbs. raisins (seeded and chopped).	½ cup.
One-half lb. candied orange and figs.	1 teaspoon.
Nine eggs.	3 tablespoons.
One tablespoon each, cinnamon, cloves, allspice, mace.	1 teaspoon.
Three cups flour (whole wheat).	½ cup.
One cup very fine crumbs.	1½ tablespoons.
One and one-half cups brandy.	2 tablespoons.

Mix fruit together and flour, mix spices and sugar. Cream butter and sugar, add lightly beaten eggs and the brandy, then the flour, lastly the fruits. Put the mixture in tins lined with several layers of paper, cover with oiled paper and steam 1½ hours, then bake in slow oven 2 hours. Can add ½ pound blanched and sliced almonds. When done, remove from tins, moisten with brandy and cover. Will keep for years, steaming for ½ hour before needed.

Princess Cake.

MRS. J. T. H.

One cup brown sugar, ½ cup each molasses, butter and strong coffee, 2½ cups flour, yolks 4 eggs, teaspoon each cloves, allspice and soda, 1 pound raisins, ½ each of currants and citron. For white part—½ cup butter, 2 cups sugar, 1 cup milk, 1 cup corn-starch, 2 tea spoons baking powder, whites 4 eggs. For icing—whites of 4 eggs, 1 pound sifted powdered sugar, teaspoon almond flavoring. Bake in jelly cake tins, dark layer at bottom.

Can make icing for cake with yolk of egg, teaspoon lemon and about ⅔ cup powdered sugar.



WALDORF SALAD.



CUCUMBER AND FISH SALAD GARNISHED WITH WATERCRESS AND
RADISH ROSES.



CABBAGE AND BEEF SALAD.

CHAPTER XXIII.

Salads.

"A combination and a form indeed,
A mixture and a mess."—HAMLET.

It is an accomplishment to know how to dress a salad well. Nearly all meats, vegetables and fruits may be served as salads. The essential thing is to have the salad fresh and cold, and the leaves crisp and dry, or the dressing will be poor. Let vegetables stand in cold water to crisp, then dry in basket or towel, dressing added just before serving.

Meats should not be chopped but cut into dice, marinated or pickled before being mixed with the vegetable. Lettuce, capers, hard boiled eggs, nasturtium blossoms—all are a good garnish, which should harmonize with whatever is in the salad.

TO MARINATE.—Take 1 part oil to 3 parts vinegar, with salt and pepper, stir into meat, stand an hour, drain. Tarragon or other fine flavored vinegar for dressing. Lemon juice makes dressing lighter in color. French dressing is used with green vegetables, mayonnaise, French or boiled with potato and tomato salads. Olive oil is preferred. Cotton seed oil is a pure vegetable oil, very healthful and inexpensive.

FRENCH DRESSING.—Three parts oil, 1 part vinegar, salt and paprika, dash of garlic or six drops onion juice. In shallow bowl, containing a slice of onion and a small piece of ice, put 3 tablespoons of oil, $\frac{1}{2}$ teaspoon salt and $\frac{1}{2}$ salt-spoon paprika. Stir with fork until oil thickens, then add gradually tablespoon of vinegar until all is quite consistent. Pour over crisp leaves of lettuce, leaves in salad bowl.

Toss over and over with fork and spoon. Dish up and serve. All can be done at table, serving with cheese straws, crisp crackers or thin slices of bread.

For dinner salads, vegetables or fruits, the meat salads used where the menu is lighter, luncheon or supper. Combinations, lettuce and radishes, water-cress and apples, celery, cucumbers, tomatoes, string beans, cauliflower, (macedoin of turnip, carrot, peas,) hot slaw, celery, apples and nuts, oranges, stuffed tomatoes, rice and beets.

Boiled Dressing.

Yolks of 3 eggs well beaten, 1 teaspoon mustard, 2 teaspoons salt, $\frac{1}{2}$ salt-spoon paprika, 2 tablespoons sugar, 2 tablespoons butter (creamed), 1 cup milk or cream, $\frac{1}{2}$ cup hot vinegar. Stir all together. Cook in double boiler until thick like boiled custard. Beat thoroughly. Good for potato, lettuce, asparagus, celery, string beans and cauliflower.

Potato Salad.

Many prefer to mix while hot, will keep longer, needs onion. Boil potatoes with skins on. Peel, cut into nice cubes, marinate. Can use beets in fancy shapes—pickles, capers, cucumbers. Mix and add boiled dressing. Keep on ice until ready to serve. Sprinkle over with chopped parsley and chopped Bermuda onion.

Cucumber Salad.

Pare thinly, cut in three slices and sliced onion, stand in cold water until ready to serve. Serve with salt, pepper and vinegar or French dressing.

Cream Dressing.

MRS. MARY F. MOORE.

Particularly nice for Waldorf salad.

Yolks of 3 eggs, 3 large tablespoons vinegar, small piece butter, little mustard, salt, sugar and pepper. Put

in double boiler, cook until thick, then thin with cream when ready to use. Many prefer this to mayonnaise.

Cucumber Salad.

A. E. BIRDSEY.

Twelve large green cucumbers
6 onions.
2 or 3 green peppers.
1 tablespoon of mustard seed.
1 tablespoon of celery.
 $\frac{1}{2}$ cup of salt.
 $\frac{1}{2}$ cup of sugar.

Pare the cucumbers and take out the seeds, chop the cucumbers and onions together, add salt and let it stand over night in a covered jar, in the morning, squeeze out the moisture or brine, then add the other ingredients, put in fruit cans and cover with *cold* white wine vinegar.

Mayonnaise Dressing.

MRS. MARY P. MOORE.

Take yolks of 4 eggs, a teaspoon of salt, $\frac{1}{2}$ teaspoon mustard and sugar, a little red pepper. Stir together, adding oil a drop at a time until it begins to thicken, then add oil a little faster until like butter in thickness, then add gradually the juice of 1 lemon or vinegar to thin it. If still too thick, when ready to use, add sufficient cream to thin.

Waldorf Salad.

One cup each of celery and apples, $\frac{1}{2}$ cup chopped nuts. Put lemon juice over apple. Serve on lettuce leaves with French, cream or mayonnaise dressing.

Endive with watercress.	French dressing.
Asparagus tips and cauliflower.	French dressing.
Cooked string beans—white, green.	French dressing.
Carrots, turnips and peas.	French dressing.
Baked pork and beans.	Mayonnaise dressing.

Cabbage, shredded, salt, pepper and sour cream or French dressing. Radish roses and water cress.

Boiled Salad Dressing.

MRS. H. P. ELLIS.

Yolks of 8 eggs.	2 even teaspoons each.
One-half cup melted butter.	Mustard and salt.
One-half cup vinegar.	$\frac{1}{4}$ teaspoon red pepper.

When cold add a cup of cream and the juice of 1 lemon.

Fresh Ripe Tomato Salad.

Skin, cut, slice off top, remove seeds and pulp. Mix pulp with chopped celery, cucumber or cabbage. Mix with mayonnaise dressing, fill tomato with mixture. Place on lettuce leaf, put ball of mayonnaise on top. Serve.

Tomato Jelly Salad.

MRS. S. J. ANTHONY.

Cook tomatoes with 3 cloves, 1 bay leaf, slice of onion, $\frac{1}{2}$ teaspoon thyme, 1 teaspoon salt and sugar, 1 salt-spoon paprika. Strain and rub through sieve. Soak a rounding tablespoon of gelatine in cold water 15 minutes, add to 2 cups tomato pulp. Stir well. Mold in cups or border mold. Serve on shredded lettuce with olives and mayonnaise dressing. If border mold used, fill center with celery, crisp and curled. Serve portion to each one with ball of mayonnaise and stuffed olive.

Cheese Salad.

Balls of cream or neufchatel cheese flecked with red and black pepper or a little coloring, served in little nests made of hearts of celery, served with French dressing. Serve in cups.

Russian Salads.

Salads served with aspic jelly, molded in jelly or with jelly in cubes, with salad as garnish. Ornament bottom of individual mold with a design made of vegetables or hard boiled eggs. Add a little aspic jelly to hold in place. Chill till firm, add cooked peas, capers,

celery. Add more aspic, chill, then add more vegetables until full. Serve on lettuce, garnish with capers, parsley or watercress.

Egg Salad.

Hard boiled egg cut lengthwise, remove yolks, mix to a paste, add mayonnaise and chopped parsley. Put a spoonful in center of each half. Serve on lettuce leaf.

Orange Salad.

Peel orange, cut in thick slices crosswise, quarter-slice, place on lettuce leaf. On each quarter lay $\frac{1}{2}$ walnut meat. In space between quarters, a ball of mayonnaise, or lay three slices on lettuce with French dressing. Serve with game course at dinner.

Sweet Sauce for Fruit Salad.

One-half cup sugar, $\frac{1}{4}$ cup fruit juice or water, 1 tablespoon lemon juice; cook to ball stage, add 2 tablespoons of sherry wine.

Make Orange Basket.

Cut pulp in cubes, with cubes of either banana, berries, cherries, pineapple or apple. Mix with sauce. Fill baskets just before serving. Keep baskets in water or edges will dry. Pulp can be removed from apples and salad can be served in them. Nuts can always be used if desired.

Fruit Salad.

In salad dish combine, 1 can shredded pineapple, 4 oranges and 4 bananas, cut in cubes; 1 cup cherries, 1 cup grapes, skinned. Make $\frac{1}{2}$ pint of sauce, pour over salad, garnish with purple and white grapes, leave on ice. Serve very cold in sherbert cups or in $\frac{1}{2}$ small cantaloupe.

Chicken Salad.

MRS. M. P. MOORE.

Boil chicken the day before, use only white meat. Cut in dice, prepare celery in same way. Put in dressing just before serving. Serve with cream or mayonnaise dressing.

Chicken Salad.

DOMESTIC SCIENCE.

Use all white meat; all dark meat or part of each. When celery is scarce can use apple, white cabbage, potatoe or shredded lettuce. Equal parts of chicken and celery cut into dice, marinate chicken, keep in cold place until ready to use. Mix and add lightly a little mayonnaise; heap in dish high in center, garnish with hard-boiled eggs, pickles, capers, celery tips, lettuce or olives. Place mayonnaise over top.

Mayonnaise Dressing.

DOMESTIC SCIENCE.

In dishpan have cracked ice, pint bowl, a tin cup of oil with tea teaspoon, Dover egg beater; in bowl yolk of one egg, $\frac{1}{2}$ teaspoon salt $\frac{1}{2}$ salt-spoon paprika, $\frac{1}{2}$ teaspoon dry mustard; on table, $1\frac{1}{2}$ tablespoons lemon juice, beat yolk of egg till it thickens, then beat and drop from spoon drop by drop of oil until over a teaspoonful has been incorporated, then add in little larger drops, beating well. When mixture is thick add a little lemon juice, beat, add more, then more oil, more lemon; add oil by spoonful. If necessary, can add $1\frac{1}{2}$ tablespoons of choice vinegar. Continue until oil is all in and mixture is thick enough to cut. Should it curdle put a yolk of egg in another bowl, beat and gradually incorporate first dressing. Thin, by adding equal amount of whipped cream.

Sauce Tartare.

For fish and cold meats. Mayonnaise mixed with a tablespoon each of olives, pickles and capers chopped fine. Celery can be used.

Can make mayonnaise with softened butter instead of oil. Oil from chicken or turkey.

Green mayonnaise, mix juice of spinach with dressing.

Red mayonnaise, lobster coral or Hansen's coloring.

Bouilli Salad.

Boiled beef from soup, cut into $\frac{1}{2}$ inch cubes, grated onion, marinate. Mix with cold boiled potatoes, and chopped parsley. Garnish with hard-boiled eggs. French or boiled dressing.

Lobster Salad.

Lobster in inch pieces, shredded lettuce mixed with it, marinate, keep in cool place. Dress with mayonnaise in center of dish on bed of lettuce.

Shrimp salad same.

Oyster Salad.

Scald oysters until plumped, cut into pieces, mix with tartare sauce. Serve on lettuce with celery.

Sweetbreads and celery with French or mayonnaise.

Fish Salad.

One pint cooked flaked fish on bed of lettuce or cucumbers. Mix hard boiled yolk and 3 sardines to a paste, mix with boiled or mayonnaise dressing. Pour over fish, garnish with slice of lemon. Serve on a boat made of $\frac{1}{2}$ cucumber. Seeds remove, with watercress around.

CHAPTER XXIV.

Sandwiches.

Sandwiches can be made of brown or white bread or rolls. Should be one day old, fine and spongy in texture, cut thin. Can be made with or without crust, cut square, triangle, round, heartshaped or rolled. Rolls should be very fresh.

The butter should be of the best. The meats should be chopped fine, seasoned with salt and pepper, French mustard or salad dressing. Lettuce leaves can be used or watercress. After one side is buttered, spread with meat mixture, lay other slice on without butter. Cut very uniform and they can be prepared hours before using if placed in a large tin pail in bottom of which is first laid a damp cloth over which is paraffine paper, lay sandwiches in with care, cover with paraffine paper and damp napkin, cover and stand in cool place.

FOR INVALID.—Scrape raw beef, season with salt and pepper, spread between buttered bread. Put on double wire toaster, toast until well heated. Serve at once.

SCHOOL BOY.—Thicker slices of bread buttered, ham sliced very thin, or cold beefsteak shaved thin, salt and pepper, French mustard and thin slices of pickle. Fold in crisp lettuce, wrap in paraffine paper. Shredded wheat biscuit, oblong slices of thin bread slightly buttered, spread with well chopped nuts, moistened with cream, salted. Roll like jelly roll, tie with ribbon.

Lobster or salmon reduced to a paste, mixed with olives or pickles and any salad dressing, spread on buttered bread, sprinkled over with watercress or shredded lettuce.

Spread with a mixture of grated cheese, anchovy paste and French mustard or sardines, or spread with jelly or jam.

FOR ROLLS.—Cut off top, scrape out crumb, lay lettuce in bottom, fill with any meat mixture, add top and serve. Garnish with cress.

Crackers spread with fondant in which is mixed finely chopped nuts. For five o'clock tea.

CHAPTER XXV.

Frozen Desserts.

Philadelphia ice creams are cream sweetened, flavored and stirred while freezing.

French ice creams are custards with more or less cream, stirred while freezing.

Parfaits and mousses—whipped cream with eggs, frozen without stirring.

Water ices—fruit juices sweetened with sugar syrup, stirred while freezing.

Punches—ices with 'white of egg or liquors. Can keep on hand a syrup made of sugar and water, quite thick, which add to fruit juices until sweet enough.

It is well to have freezer packed in pail before adding mixture, and test to see if it turns all right. In packing put in quite a little cracked ice, then add one-third as much rock salt, then another layer of ice, then salt. Have hole with cork about one-third up in pail to drain off water melted. Use care not to get salt in ice cream mixture. Let mixture stand in freezer a few minutes before turning to chill, then turn slowly at first until ice has softened a little, then turn faster until dasher turns harder. When firm, remove dasher, pack cream down with spoon, cover cork opening, cover with gunny sack, leave for two hours to mellow. When serving, if desired, dip spoon in warm water, then in ice cream, which comes out in almost a ball form.

To unmold ices, pour cold or warm water over mold, let stand a few minutes, and it will come out. Be careful not to melt.

Pistachio nuts, fruit juices, orange rind, can be used to color.

Stir fruits into ice cream after freezing if you wish to add them whole or in pieces, unless preserves, which will not freeze. Crush fruits, if frozen with mixture.

Ice creams molded in forms must be very hard frozen, and, if a little gelatine is added to mixture, it molds better. After being molded, the molds are put into a dry pail, covered. Pack in ice and salt until ready to serve.

Raspberry Punch.

MRS. J. A. BENTLEY.

Two cups raspberries. $1\frac{1}{2}$ cups sugar.
Whites 2 eggs.

Whip whites stiff, add sugar, whip, add berries and whip all together. Freeze. Serve in sherbert cups.

Heavenly Sherbet.

MISS GRACE CURRIER.

Juice and grated rind of 2 lemons and 1 orange.
Two cups sugar. 1 quart milk.

This mixture often appears curdled, but that is all right; freezing it softens and makes it very smooth.

Orange Ice.

Six oranges or 1 pint juice and zest.		Small Rule.
One lemon.		4 tablespoons.
One cup sugar.	} Boiled to syrup, }	1 teaspoon.
One cup water.		2 tablespoons.
		2 tablespoons.

Make syrup, add juice, freeze until firm. When nearly firm add beaten white of egg; beat until light and white, which makes it a punch. Serve with roast at dinner.

Lemon Ice.

Juice of six lemons with zest, syrup of 1 pint of sugar with enough water added to make one quart, to which add lemon juice. Freeze as for orange ice. Can add shredded pineapple to syrup and freeze, or any fruit juices.

Ice Cream.

Can use corn meal mush, reduced with water, rice pressed through ricer, baked apples, Boston brown bread, shredded biscuit, junket, macaroons (ground), cocoanut, raisins.

To make ice cream more light, whip the cream and add it after ice cream is partly frozen. Scald cream before using unless whipped.

Can use condensed milk, one can to a pint of milk.

Philadelphia Ice Cream.

Two quarts of cream, 1 pint milk, 2 cups sugar, 2 tablespoons vanilla extract or piece of bean in cream. Scald cream, melt sugar in it, add milk and flavoring. Freeze.

Plain Ice Cream.

1 pint milk, 1 cup sugar, 1 rounding tablespoon of flour, corn-starch or gelatine (soaked). 1 salt-spoon salt, 1 pint or 1 quart cream with $\frac{1}{2}$ cup sugar, 1 tablespoon flavoring.

Scald milk, add sugar, (flour wet in little cold milk, (or gelatine) and salt); then add beaten eggs, beat all together; turn milk over, place in double boiler, stir until smooth. When cool, add cream with flavoring and sugar to make quite sweet.

A pint of macaroons dried and pounded improves ice cream. 6 bananas mashed with a little lemon, or peaches or pulp of baked apples mashed, are fine. Strong coffee or melted chocolate added.

Tutti Frutti.

Either of the recipes. Flavor with 2 tablespoons of Maderia wine or maraschino added when partly frozen and a pound of candied fruits or strained preserves.

Pistachio Currant Cream.

Line a melon mold one inch thick with ice cream colored with pistachio nuts blanched and pounded. Then fill remainder with ice cream, flavored with currant juice. Add $\frac{1}{2}$ pound of seeded raisins, cover, pack until ready to use, pour cold water over mold. Unmold on platter, with whipped cream around. Can mold chocolate ice cream in same way.

Alaska Bake—Baked Ice Cream.

A flat round sponge cake for base, a circular mold of very hard frozen ice cream, place on base; a meringue of 3 whites of eggs beaten very dry, flavored and sweetened. All set under strong flame in gas oven for two minutes, to brown.

Rice Ice Cream.

One cup boiled rice, flavored with a tablespoon of lemon.

Three-fourths cup sugar. $\frac{1}{2}$ teaspoon nutmeg.

One-half cup currant jelly. 1 pint cream (whipped).

Have rice thoroughly cooked, add sugar and lemon juice, nutmeg and jelly. Beat together, then add whipped cream. Put into covered mold. Pack for 3 hours. Serve with sauce.

Sauce.

Yolks of two eggs, with 2 tablespoons powdered sugar, beaten to a cream, cooked in double boiler until smooth and thickened (add tablespoon of rum if desired) then mix in lightly 1 cup cream whipped dry.

Bisque With Fruit, Etc.

MISS LOIS ROBBINS.

Fill bottom of mold with whipped cream sweetened and flavored, cover with a layer of lady fingers, another layer of cream. On this put a layer of mixed nuts, candied cherries and crumbed macaroons. Cover with cream. Pack in salt and ice 2 hours, using care that edges are protected from salt.

Use 1 quart cream.
One-half ounce each lady fingers and macaroons.
Scant $\frac{1}{2}$ cup sherry wine.
Ten cents worth each nuts and cherries.

Frozen Rice Pudding.

MISS GEORGIE HUGHES.

One quart of cooked rice.
One quart custard made with 4 eggs and 1 pint sugar.
One pint whipping cream.
One pint Mararchino cherries. Flavor with liquor from the cherries.

Cut cherries in bits, reserve some for decoration.
Freeze lightly then add cream, whipped, and cherries.
Remove dasher. Mold, pack for 3 hours. Serve with a cream sauce flavored with the cordial from cherries.

Meringue Shells.

Very stiffly beaten whites 6 eggs.
One-half pint whipping cream.
Heaping cup of sugar.
Teaspoon flavoring.
One-half cup blanched almonds.

Beat whites very stiff, fold in sifted sugar, add flavoring, put on paper with sifting of sugar, in tablespoons full. Sift a little powdered sugar over. Put in a very slow oven for $\frac{3}{4}$ hour or longer. Remove soft center, fill with whipped cream, put 2 together. Can add nuts to cream.

Fruit Puddings.

Line, mold with ice cream $1\frac{1}{2}$ inch thick, fill center with berries, peaches or bananas. Cover top. Pack in ice and salt for 2 hours. Serve with whipped cream.

Sauce for Ice Cream.

One cup caramel syrup, $\frac{1}{2}$ cup of chopped nuts, 1 cup of chocolate sauce and cream, mixed with chopped nuts. Serve over ice cream.

Can make caramel ice cream by using caramel for flavoring and color. A cup of sugar syrup mixed with glass of rum. Rum sauce.

Parfaits.

Parfaits are made with yolks of eggs cooked with syrup, and whipped cream added. Frozen without motion.

Delicious.

MRS. H. T. MILLER.

Baked pears, cut in two. Sprinkle with powdered sugar. Put spoonful of whipped cream over. Garnish with candied cherries.

Mousses.

Cream with pulp of fruits.

Vanilla Parfait.

Beat yolks of 8 eggs until light, add 1 cup syrup, stir in double boiler until it coats spoon, then beat until cold and very light. Add a pint of cream whipped to a stiff froth, 1 teaspoon vanilla extract. Pack in ice and salt for 4 hours. Cover joints of freezer with butter, paraffine and paper that salt will not soak in.

Maple or caramel parfait, using maple or caramel syrup, or can add to custard $\frac{1}{2}$ cup of grated chocolate, or coffee can be used.

Fruit Mousses.

One pint cream whipped very stiff, 1 cup fruit pulp mixed with powdered sugar to make consistency of cream. Mold and pack for 3 hours.

CHAPTER XXVI.

How to Serve Fruits.

Oranges for breakfast can be served whole on plate with spoon, or peeled, divided in quarters half way down, points curled back. Can be sliced and returned to peel, or cut in pieces or sections. Better eaten without sugar. Appetizing in the morning before eating.

Strawberries, if large, can be served without removing hulls, dipped in powdered sugar, served on plate, or they are rinsed in colander, hulled and massed in dish. Serve with powdered sugar and cream. Other berries same.

Cherries—rinsed, serve whole with stems, or remove pits. Prepare a sugar syrup, pour over, pack in ice and salt until thoroughly chilled. Serve as a first course or as a salad. Serve in sherbet glasses.

Peaches—served whole, with outside well rubbed. Slice and serve with sugar and cream; or slice, sprinkled with sugar. Chill and serve.

Grape fruit—cut in half, loosen pulp from sides and separate sections, and, with spoon, eat pulp and juice. Breakfast.

Cantaloupe.

Keep on ice until needed, cut in halves, remove seeds, fill with chopped ice and serve. Can use in place of dish for serving ice cream or salad. Garnish with grape leaves.

Watermelon.

Chilled and cut in sections; or remove red center, then seeds, and break up in small pieces, heap up in glass dish with finely cracked ice. Dish up and serve with powdered sugar.

Baked apples good for breakfast.

Small fruits—dipped in slightly beaten white of egg, rolled in sugar and dried. Appetizing.

CHAPTER XXVII.

Compôtes and Canned Fruits.

Compôtes are fresh fruits stewed in syrup. Good served with cake as dessert. In combination with rice or other molded cereal they are very wholesome for children.

The success of canning and preserving depends upon heating the fruits until all germs are destroyed, then sealing tight while still scalding hot.

Proportion of sugar to fruit for canning— $\frac{1}{4}$ to $\frac{1}{2}$ pound sugar to 1 pound fruit. Unripe fruit not good for canning.

The longer sugar cooks with fruit, the darker the syrup. (Fruit for pies have better flavor if canned without sugar.)

In canning tomatoes, be careful to have heat strike them through or they will not keep. (A wide-mouthed funnel good for filling cans.)

Cans and covers should be heated in water to kill germs. Have new rubbers; then, when filling cans, stand them in pan on wet cloth or put spoon in jar while filling. Fill even full, remove bubbles of air, put covers on, screw tight. If turned bottom-side up and no liquid escapes, they are air-tight. Keep fruit in a dark, cool place.

CANNING BERRIES.—Measure sugar in proportion to fruit—1 pound of sugar to 4 pounds of fruit. Spread fruit on platters, sprinkle sugar over, stand 24 hours; then, for three days, drain off syrup, scald and pour over fruit; third day, scald up together, put in cans and cover tight. (Can cherries in same way, removing pits.)

Another way—Stir sugar and fruit together; put in cans, cover, not tight. Stand on pieces of wood in boiler

with cold water about $\frac{3}{8}$ height of jars, let come to a boil, then stand in water till cool. Seal tight and set away to cool.

Mudge Sterilizer cooks fruit in 15 minutes.

RHUBARB.—Prepare, cut in two inch pieces, pack in cans in good shape, cover cans, stand in boiler or steamer, cold water with sticks under jars, let water come to a boil, then set back and cool. Add sugar when using.

PINEAPPLE.—Peel, shred with silver fork, leave center. Measure $\frac{1}{4}$ weight of sugar, put in porcelain kettle with just enough water to dissolve it, add pineapple, heat about 5 minutes, fill cans $\frac{1}{2}$ full of fruit, the remainder with syrup; seal at once. Can grate pineapple.

QUINCES are pared and cored, cut into sections, cooked in water before canning, as they are tough. Measure $\frac{1}{2}$ as much sugar as fruit; use water in which quinces were boiled to make syrup, then add quinces and cook until transparent. Many combine equal parts of sweet apples and quinces.

Stew skins and cores of quinces and apples for jelly.

Jams and Preserves.

Jams and preserves are made with whole small fruits or fruits cut up with $\frac{3}{4}$ or equal amount of sugar. A syrup is first made, just enough fruit is added to cover top of syrup; heated through, removed to large bowl with skimmer, draining all syrup, then adding more fruit, scalding and removing until all the fruit has been cooked. Boil down syrup, boiling gently for 15 minutes. Add all of the fruit, heat, fill jars with fruit and syrup, cover; jams need not be in air-tight cans. Can be covered with paraffine.

Brandy Peaches.

White peaches preferred. Pare but do not remove stones. Save some peach stones, crack and add pits to

syrup, $\frac{3}{4}$ pound sugar to each pound of fruit. Make syrup using $\frac{1}{2}$ cup water to each pound of sugar. Drop into syrup enough peaches to cover surface, turn and cook until transparent. Remove with strainer to platter, add more peaches, cook and remove, continuing until all are done. Boil syrup 15 minutes. Place peaches in cans, not too many. Set syrup back on stove, add one cup of alcohol or California brandy to each quart of syrup; pour over peaches, seal at once.

Tomato Preserves.

Scald and peel, not too ripe, yellow pear-shaped tomatoes, prick with a needle to prevent bursting. Add equal amount of sugar and let stand over night. Strain all of the syrup into preserving kettle. Add two lemons, sliced, and $\frac{1}{4}$ pound ginger root, boil until thick syrup. Add tomatoes, boil until they look transparent.

Watermelon Preserves--Or Citron.

Remove green rind and any red, cut in pieces 2 inches long, put in cold water, skim out, then add a teaspoon of salt and alum to 1 gallon of rind, stand until alum dissolves, cover with cold water, cover with plate and let come to boiling point until tender, drain. Boil 2 ounces of ginger root in $2\frac{1}{2}$ cups water until water is strongly flavored, then add to water 2 sliced lemons. Boil. Make with this water a syrup with 2 pounds of sugar, to which add watermelon rinds. Cook $\frac{1}{2}$ hour. Put in jars.

Bananas sliced lengthwise, peaches pared and cut in halves, cooked in syrup, served on sponge cake, whipped cream around, and sprinkled with lemon, makes a dainty dessert.

Jellies.

Fruits contain pectin, which causes them to jelly when cooked with sugar; when over-ripe or stale this is changed. Some fruits—as currants, gooseberries, apples,

quinces and grapes—contain much in their skins and seeds. Get fresh fruits for jelly.

Have three-cornered bags with strings to tie on high stool for straining fruit.

Fruits must first be cooked, partly covered with water, mashed and strained, juice measured, boiled, mixed with equal amount of sugar, boiled gently for 5 minutes and strained into glasses.

Can make jelly by dissolving sugar in the cooked juice and left in a cool oven for some time or stood in the hot sun, covered with netting.

Cooking after sugar is added changes flavor and darkens color. (Heat sugar after measuring.)

Current Jelly.

Remove leaves—not stems—wash, mash, heat not much, add 1 cup water to 4 quarts of currants, stir with wooden spoon, cook until soft. Strain through flannel bag. Do not squeeze very much for very clear jelly. After draining, juice may be pressed out for second quality. Put juice on stove in porcelain, let boil 20 minutes, then add same amount of sugar as juice. Stir. Let simmer 5 minutes. Strain into glasses. Let stand for a day or two, then melt paraffine, putting a tablespoon over each glass.

Crab Apple Jelly.

Wash fruit, cut into pieces, cover with water. Boil and mash; drain and treat as for currant jelly. Use pulp for marmalade.

A combination of apple, cranberry and rhubarb makes a fine jelly.

Crabapple with raspberry or blackberry, fine.

Green grapes make fine jelly.

Marmalades or Fruit Butter.

After removing part of the juice for jelly, rub pulp through seive. Measure, using same amount of sugar as fruit pulp—mix, cook down for 30 minutes and put in cans. Can spice to taste. Good for children, on bread, or to serve with meats, if spiced.

Orange Marmalade.

Bitter Oranges—Allow the juice and grated rind of one lemon to every five oranges, and $\frac{3}{4}$ pound sugar to pound of fruit. Remove peel in quarters, boil in plenty of water until tender; drain off water to cool. Remove seeds and white skin. Boil pulp with sugar until well cooked. When peel is cool, remove all white part. Cut peel into shreds. Add shreds to cooked orange and cook until thick. Pack in cups or glasses.

CHAPTER XXVIII.

Pickles.

Get choice young vegetables, pure cider vinegar.

Put pickles into strong brine with one piece of alum, 24 hours. Take out, wash, cover with $\frac{2}{3}$ vinegar, $\frac{1}{3}$ water, peppers, cinnamon and cloves. Put in kettle on back of stove, let simmer, not boil, for 2 or three hours. Pour off that vinegar and add fresh. To 1 gallon vinegar, 1 pound brown sugar, $\frac{1}{2}$ cup each celery seed and cloves, 3 bay leaves, 12 small red peppers, 4 sticks cinnamon. Scald all together, add 1 piece alum, pour over pickles, 3 pounds tiny white onions are nice to 500 pickles, added uncooked.

Pickle Peaches.

Seven pounds peaches, $3\frac{1}{2}$ pounds brown sugar, 1 quart cider vinegar, 1 ounce whole cloves, 4 sticks cinnamon.

Rub peaches, weigh, put 4 cloves in each peach. Make syrup of sugar, vinegar and cinnamon. Boil, add peaches, boil until tender enough to prick with a straw. Remove, place in jars, add more peaches until all are cooked. Boil syrup until quite thick, pour over peaches. Cherries and plums in same way.

Chow Chow.

Put 1 quart each of small cucumbers, green tomatoes and onions, 1 pint each string beans and radishes, 6 green peppers, 1 large head of cauliflower, cut up 1 quart medium sized cucumbers, add to this cut peppers, seeds re-

moved. Put all in salt water for 24 hours, scald in same water, drain.

Mix 6 tablespoons mustard, 1 cup flour, 1 of sugar, mix, then mix with cold vinegar. Then add hot vinegar to make 3 quarts with 2 tablespoons celery seed, 2 each of white and black mustard seed, 2 tablespoons curry powder to color. Boil till thickens, turn over the pickles, stir well together, put in cans and seal up.

Chopped Pickle.

1 peck green tomatoes, 1 cup horseradish, 1 cup green peppers, 1 cup chopped onions, 1 cup white mustard seed, 1 tablespoon cloves, 1 tablespoon cinnamon or allspice. Mix well with vinegar, boil together 20 minutes.

Tomato Butter.

Seven pounds tomatoes, 3 pounds sugar, 1 pint vinegar, spice to taste. Boil down thick.

Chili Sauce.

Twenty-four large ripe tomatoes, 4 large onions, 6 green peppers, remove seeds and chop fine. 3 tablespoons salt, $\frac{1}{2}$ cup brown sugar, 4 cups vinegar, boil gently 1 hour. Bottle and seal.

Tomato Catsup.

Boil 1 bushel of tomatoes skins and all; strain through sieve, 1 cup salt, 2 pounds brown sugar, 1 tablespoon cayenne, $\frac{1}{2}$ cup each allspice, and mace, $\frac{1}{4}$ cup cinnamon, 2 quarts best vinegar, boil down $\frac{1}{2}$. Bottle.

Tomato Catsup, Cold.

MRS. A. C. PHELPS.

One-half peck ripe tomatoes peeled, 2 red peppers, 2 onions, $\frac{1}{2}$ cup salt, 1 cup brown sugar, $\frac{3}{4}$ cup white mustard seed, 1 cup grated horseradish, 2 tablespoons black

pepper, 1 quart cider vinegar. Chop tomatoes fine, drain, chop onions and peppers fine, mix together, rub through colander. Sure to keep.

Spiced Citron or Melon Rind.

Seven pounds of fruit, 1 pint cider vinegar, 4 pounds sugar, tablespoon alum, 1 tablespoon cinnamon, cloves, mace, allspice in bag. Boil fruit in evening in water with alum until a straw will go through, drain, soak in cold water until morning. Make syrup with sugar, vinegar and spice. Pour over drained fruit. Put away in jars.

CHAPTER XXIX.

Aspic Jelly.

A good clear stock. Can color with carrot.

One fowl,
One shin of beef,
One knuckle of veal,
Four cloves,
One bay leaf,
Two onions,
One carrot,
One stick celery,
One turnip,
One-half package gelatine,
One cup sherry.

Cold water, simmer 5 hours, then add vegetables, bay leaf, fried in a little butter to color with onion. Cool, strain. Add gelatine soaked in cold water, 1 cup sherry, stir until gelatine is dissolved and set away until next day. 2 quarts. If not stiff add more gelatine. Do not boil.

Remove grease from top. Clarify with white and shell of 3 eggs. Strain.

Can prepare aspic with vegetables and beef extract.

Aspic Croûtons.

Pour into shallow pans, 1½ in. deep, when set turn onto damp napkin. Dip knife into hot water, wipe, cut jelly into strips, then squares crosswise.

To Mold.

Have pan of cracked ice. Set mold into it till jelly hardens.

To unmold, dip mold quickly into warm water, dry, place dish over top, turn over together.

To Chop.

Put jelly on cold plate. Chop with knife. Garnish to cover or around meats. Keep cold.

To Ornament.

On bottom of mold put a thin layer of jelly, and lay decoration carefully in place. With a spoon add only enough jelly to hold in place. Let set, then add another layer. If a bird, make a layer $1\frac{1}{2}$ in. thick, let set, then add more until covered. Daisy design, hard-boiled eggs, parsley.

Russian Salads.

Meats or fruits moulded in jelly or jellies of different colors. Double mold, outside clear, inner different flavor or color, or whipped cream with macedoin of fruits.

CHAPTER XXX.

Candy.**Marrons Glacé.**

Remove shells from French chestnuts, cover with boiling water, stand a few minutes until skins can be removed, peel again in hot water, simmer until tender. Put 1 cup of sugar, 1 cup water in saucepan. Stir until dissolved. Add boiled chestnuts. Cook until clear, take out with fork or wire. Cook syrup to hard ball stage. Remove from fire, stand in pan of hot water. Flavor with lemon or vanilla. Drop chestnuts in one at a time. Remove to an oiled slab or paper. (Dates stuffed with fondant dipped in and removed.)

Slice bananas and cut once across. Drop in syrup. Remove to oiled slab. Divide oranges into sections. Skin must not be broken. Dry and dip into syrup at hard ball stage.

Nuts dipped in syrup, dried on oiled slab. Glacé cherries and grapes can be done in same way. Leave on stems.

Spun Sugar.

Boil sugar and water with a little cream tartar to the stage where the little threads fly off and crack. Have a couple of broom handles placed across chairs, paper under. Have saucepan in hot water. Take two forks in right hand, dip tines in syrup, shake back and forth with long sweeps across broom handles. Threads will form, gather up and wind into little nests.

Fondant Foundation of French Candy.

One cup granulated sugar, $\frac{1}{2}$ cup water, 1 salt-spoon cream tartar, stir, then cook without stirring until it balls, which is 236° to 238°

Have platter or marble slab slightly greased, flavor, pour out and cool until finger dents surface, then work with wooden spatula until it is a creamy white paste, which can be worked with hands like dough. If not right, can add 2 tablespoons water and cook a little. If it breaks, do same; it need not be wasted. Confectioners use 1 part glucose to 10 of sugar and boil to 240°

Can test with skewer or cup ice water; at 215° small thread, 236° small ball, 246° large ball, 310° crack, 345° caramel.

Fondant will keep for weeks. To soften, stand bowl in hot water; stir till soft.

Remove stones from dates, replace by roll of fondant. Strips of figs placed on balls of fondant; make balls like marbles, flatten, place nut meat on each side.

Open candied cherries, place ball inside.

Make cone shaped candies, let harden, roll in melted chocolate, remove with fork, dry out on plate.

Can color, placing layer of one color on top of another.

Caramels, Chocolate.

In saucepan, $\frac{1}{2}$ cup each molasses, white and brown sugar, a cup of grated chocolate. Heat, then add 1 cup scalded milk or cream. Stir constantly until it reaches hard ball stage. Add 1 teaspoon vanilla; turn on flat dish, oiled, 1 inch thick, mark into squares, cut before cold. Wrap in paraffine paper.

Nut Creams.

Mix chopped nuts or raisins into flavored fondant, spread into layers $\frac{1}{4}$ inch thick, cut into squares.

Peppermint Creams.

Set bowl in hot water. Make fondant, flavor and color, and, when it clouds, drop from end of spoon in even amounts on oiled slabs.

Cream Candy.

Two cups sugar, $\frac{1}{4}$ cup water, $\frac{1}{4}$ cup vinegar, butter size small egg, 1 teaspoon flavoring. Boil together. When almost stiff pour in buttered pans and pull when cold.

Molasses Taffy.

One cup molasses, $\frac{1}{2}$ cup sugar, butter size walnut, $\frac{1}{4}$ cup vinegar, 1 teaspoon vanilla. Boil. Try in ice water until hard enough to pull.

Mexican Pinache.

Two cups dark brown sugar, $1\frac{1}{2}$ cup pecan nuts, 1 cup milk, 1 butter ball (1 rounding teaspoon), pinch of salt. Boil milk and sugar together first, then add butter and salt. Boil until creamy, take off stove, beat until smooth, then put in pecans.

Chocolate Fudges.

Three cups sugar, 1 cup milk, $\frac{1}{4}$ cake Baker's chocolate, 1 heaping tablespoon butter. Cook all together, then stir till stiff. *after - it is done*

Butter Scotch.

Three tablespoons molasses, 2 tablespoons sugar, 1 tablespoon butter, 2 tablespoons water, 1 teaspoon vanilla. Add a pinch of soda before taking from stove. Good with chopped peanuts stirred through.

Marshmallows.

Soak $\frac{1}{2}$ cup gum arabic in a cup of water until dissolved, strain into double boiler with a cup of powdered sugar; stir until mixture becomes thick and white. When it will form a ball between finger and thumb, beat into it well-beaten whites of three eggs. Flavor with 2 tea-

spoons orange flower water. Turn into pan containing corn-starch. Make layer of paste 1 inch thick. After paste stands 12 hours turn out on a slab, cut into squares. Dust with confectioner's sugar or corn-starch; pack in box. If paste is cooked too much it will be stiff.

Stuffed Dates.

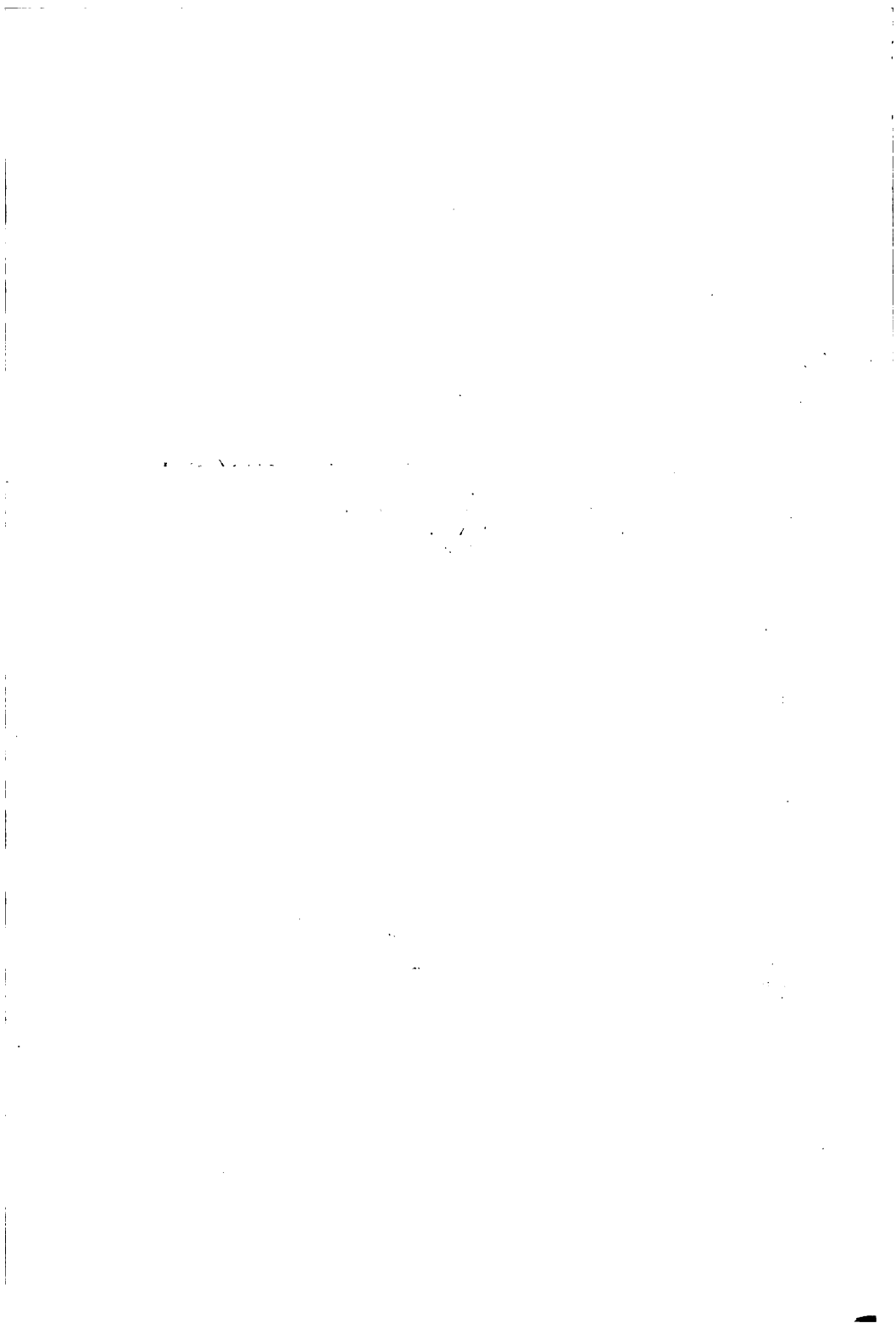
Remove stones from dates, fill space with nut meats, close opening, roll in granulated sugar.

Candied Fruits.

Peaches, plums, apricots, cherries, or any fruits. Make thick syrup, 1 cup sugar, $\frac{1}{2}$ cup water, boil fruit in it until tender, no longer. Let them remain in syrup 2 days; take them out, drain, and sprinkle sugar over each piece separately. Dry them slowly in the sun, or gentle oven, or cook syrup to crack stage. Take each piece of fruit on skewer or knitting needle, dip in syrup, drain on greased plate or string on thread; hang to dry in sun.

Candied Orange or Lemon Peel.

Put peel in salted water for 3 days, drain, boil until tender. Remove all white skin. Make sugar syrup, boil peel in it until transparent, then boil rapidly until syrup is thick and like candy, remove, pack away for use.





UTENSILS.

DOVER AND DAISY EGG BEATER, POTATO BALL CUTTER, PALETTE KNIFE, VEGETABLE KNIFE, WOODEN SPOONS, APPLE COVER. INDIVIDUAL TIMBALE MOLDS, RAMAKIN CUPS, MEASURING CUP, TIMBALE IRON.



PATTIE SHELLS; BREAD CASES OR BOXES; INDIVIDUAL TIMBALES OF MACARONI AND CHICKEN, GARNISHED WITH PARSLEY; TIMBALE OF SPINACH WITH DAISIES MADE OF HARD-BOILED EGG.



APPLE COMPOTE WITH JELLY AND WHIPPED CREAM, GARNISHED WITH NASTURTIUM.

CHAPTER XXXI.

Entrées.

Dishes served between any of the regular courses. Croquettes, timbales, patties, any individual made dishes; special dishes.

Chicken Livers.

Cut in two or more pieces, place in frying pan with a tablespoon butter, dredge with flour, add cup brown sauce, $\frac{1}{2}$ cup Maderia wine, salt and paprika. If sauce is not brown enough, add caramel. Serve in fontage cups.

Oyster Crabs.

Put into saucepan 2 tablespoons butter, $\frac{1}{2}$ cup water, 1 teaspoon lemon juice, salt and pepper. When liquor is warm put a few crabs in at a time, cook until white, keep hot until all are heated. Put in bread cases or fontage cups, moistened with the liquor.

Fried Frogs Legs.

Dip the skinned frogs legs in milk sprinkle with salt and pepper, roll in flour, fry until delicate brown. Place on napkin. Serve with mushroom sauce.

Sweetbreads a la Poulette.

After cooking, break in pieces; serve with peas and mushroom sauce. Serve in fontage cups. Garnish with mushrooms or truffles.

Calf's brains served in same way.

Scotch Snipe.

MRS. W. H. DICKSON.

Cut 4 slices of bread, remove crusts, and butter them, mix $\frac{1}{2}$ box of boneless sardines, a few drops onion juice and lemon, dash of salt, 1 tablespoon thick cream, spread on buttered bread; butter 4 more slices of bread and place on top sardines, put in pan, cover, brown in oven.

Dressing for serving: Beat yolks 2 eggs, 6 table-spoons cream, 1 of melted butter, season and add chopped parsley. Pour over sandwiches; serve hot.

Entrées.

Shredded wheat biscuit, split, remove center, spread lightly with anchovy paste, then a layer of cheese, or ham or tongue, chopped fine, seasoned well and moistened with stock or white sauce. Cover the top with well whipped white of egg, place raw yolk in center. Bake in oven over hot water until yolk is partly set. Garnish with parsley.

Molded Ham and Egg.

Mince some boiled ham very fine, moisten with white sauce and raw egg to make a convenient paste. Line buttered timbale molds with paste. Break an egg in center of each one and poach in oven ten minutes. Place a little white sauce in serving dish, turn the egg onto it, put a spoonful of sauce on top of each and run down the sides. Garnish.

Cheese Canapés.

Cut bread into slices $\frac{1}{2}$ inch thick, with biscuit cutter cut into crescents or into strips 3 inches long. Sauté in butter an amber color. Cover with a thick layer of grated cheese. Sprinkle with salt and paprika. Place in oven to soften cheese 15 minutes. Serve very hot.

Cheese Muffs.

3 level tablespoons butter, $\frac{1}{2}$ cup grated cheese, 4 well beaten eggs. Put cheese, butter, and a few bread crumbs

into a saucepan over fire, when they begin to melt add the eggs and seasoning. Stir and cook until the mixture can be pushed up into soft muff-like form. Serve at once.

Lobster Rissoles.

One large lobster boiled, 2 tablespoons butter, yolks 3 eggs, $\frac{1}{2}$ cup bread crumbs, 1 tablespoon anchovy sauce; paprika, salt and parsley. Rub to smooth paste, anchovy sauce and yolks well beaten. Shape, roll in crumbs, eggs and crumbs, fry light brown.

For Sauce.

Coral of lobster (part), 1 teaspoon anchovy sauce, 4 tablespoons melted butter, 1 tablespoon cream.

Have ready in saucepan 1 tablespoon melted butter, remainder of coral pounded fine, 1 tablespoon anchovy sauce, add cream, pour over rissoles.

Garnish with parsley or cress.

Marrow Bones.

Have bones three inches long, have very clean. Put a dough at each end to keep marrow, tie in cloth, boil 1 hour. Place bone on slice of toast, sprinkle with salt and pepper, serve hot.

Potato Roses.

Mash potatoes very lightly, adding two yolks of eggs and white of one. Put in pastry bag—tube star shape, press through tube, as they come through, guide in circle until it comes to a point, brush with egg and butter. Put in oven to brown. Serve on same dish.

Potato Balls.

With potato scoop cut little balls from pared potatoes, drop in cold water. Boil or steam for ten minutes. Serve as garnish sprinkled with chopped parsley. Can brown in hot fat.

Fish au Gratin.

Around shell or flat dish with star pastry tube, make border of potato mashed as for potato roses. Flake fish. Put layer of bread crumbs then a layer of fish, crumbs over top, season. Pour white sauce over, sprinkle with crumbs and grated cheese. Bake until sauce bubbles up. Serve in same dish on plate.

TO BLANCH ALMONDS.—Put into boiling water, stand a few minutes, drain and the skins will slip off. When dry, put in pan with a very little salad oil, stir and brown, then sift salt over, drain on paper.

CHAPTER XXXII.

Chafing Dish Recipes.

The chafing dish, although a time-honored utensil, has had a renaissance. To-day it is not more valued for the convenience than for the fun of it. Amateurs and epicures alike find pleasure in brewing and stewing over the alcohol lamp in preparing a luncheon dish, a novelty for tea, but best of all at the midnight hour the chafing dish does its best but most disastrous work.

The chafing dish with double pan for hot water, is preferable. The ones with single pan, called blazer. For safety the chafing dish should stand on large metal tray; the lamp should not be too full. Russian bowls desirable for holding food to be cooked, wooden spoons for stirring, small tray for holding condiments. Garnishing has no part.

Toast and croutons can be prepared beforehand. Reheated on asbestos.

Dishes most suitable to prepare: Stews, eggs and cheese. Table can be arranged for display of fine silver and china.

PREPARED IN CHAFING DISH: Sweet breads with peas, oyster fritters, chocolate tea, salmi of game.

Curry of Shrimps.

Shrimps; $\frac{1}{4}$ cup vinegar, $\frac{1}{4}$ cup water, $\frac{1}{4}$ cup butter (melted), teaspoon curry. Heat shrimps in chafing dish and serve on fingers of toast with sauce. Garnish with lemon and parsley.

Anchovy and Bread.

Thin slices of bread spread with anchovy paste is a good appetizer before luncheon.

Thacker's Bouillabisse.

One-half cup oil or butter into chafing dish, 1 table-spoon chopped onion, 2 cloves, 6 pepper corns. Brown, then add 1 pound can salmon with its liquid. Now, add 1 salt-spoon salt, piece of bay leaf, 1 tablespoon lemon juice and two or three slices, 1 pint tomato pulp, 1 salt-spoon curry powder, 1 glass sherry, and water to cover. Simmer 20 minutes. Remove any seasoning in sight. Serve on toast.

Fricassee of Oysters.

Plump and ruffle 1 quart large oysters, drain. To the liquor add 2 tablespoons butter, 1 cup cream, 1 tablespoon flour, a little mace, pepper, salt and lemon juice, cook 1 minute. Place hot water pan under, stir in rapidly the yolks of 2 eggs, add the oysters, heat the fricassee, serve.

Oyster Newburg.

Yolks 2 hard boiled eggs reduced to paste.
1 pint strained oysters plumped in their own liquor.
1 cup milk or cream.
1 level tablespoon flour.
1 wine glass sherry.
1 level teaspoon salt.
1 salt-spoon pepper or paprika.
1 level tablespoon butter.

Breaded Veal.

Slice from leg, cut thin, cut in pieces for each person. Sprinkle with salt and pepper. Dip in bread crumbs, egg and crumbs; fry until brown in hot fat. Season.

Tomato Sauce.

1 cup strained tomato seasoned with onion, clove, salt, paprika.
1 level tablespoon butter.
1 level tablespoon flour.
Serve from chafing dish—sauce served around veal.

Banana Compôte.

Served on fingers of toast or sponge cake. Make syrup of $\frac{1}{4}$ cup sugar, $\frac{1}{2}$ cup water; stir and simmer.

Slice bananas lengthwise, place in syrup, cook until transparent. Remove, place on toast, sprinkle lemon juice over. Let syrup cook until quite a thick syrup, pour over banana to glaze. Can serve with whipped cream.

Stewed Codfish.

A GOOD BREAKFAST OR LUNCHEON DISH.

1 cup codfish soaked and picked up fine, free from bones; simmer in chafing dish till soft, drain off water. Make 1 cup white sauce, using 1 rounding tablespoon butter, 1 level tablespoon flour, 1 cup hot milk, salt and pepper to taste. Just before serving, stir in 1 well beaten egg. Serve on toast. Use white pepper.

Bread Sauté.

SUPPER DISH.

Thick slices bread cut round, 2 tablespoons butter, 4 tablespoons minced ham, 2 tablespoons grated cheese, $\frac{1}{2}$ cup cream. Put butter in chafing dish and when very hot, brown the bread on all sides; remove and put in the cheese, cream and ham. Season with salt and paprika. Mix all well together and when very hot spread on toast.

French Eggs.

Two cups strained tomatoes, 1 teaspoon butter, $\frac{1}{2}$ teaspoon salt, $\frac{1}{4}$ teaspoon pepper, 1 salt-spoon paprika. Cook slowly for 10 minutes, then add very slowly 2 well beaten eggs. Stir until it is of the consistency of boiled custard. Serve on thin squares of toast.

Mushrooms a la Crème.

Two rounding tablespoons butter, 2 level tablespoons flour, 1 cup hot milk. or $\frac{1}{2}$ milk, $\frac{1}{2}$ white stock. Heat the

milk. Put 1 tablespoon butter in chafing dish when it bubbles, do not brown it; add the dry flour, stir till well cooked then add the milk gradually. Season with $\frac{1}{2}$ tablespoon salt, $\frac{1}{4}$ salt-spoon paprika. Cook mushrooms in 1 tablespoon butter, remove from chafing dish, add to white sauce.

Sardines, a la Piemontaise.

Fry some bread in boiling lard or butter, cut into fingers; wipe and skin some sardines, heat in chafing dish, place one on each finger of toast, then make and pour over them the following sauce: Yolks of 4 eggs well whipped, 2 tablespoons tarragon vinegar, 1 tablespoon common vinegar, 1 salt-spoon made mustard, 1 salt-spoon salt, stir till thickens, not boil. Serve over sardines.

Jelly Omelet.

Four eggs, separate, beating each part very lightly; add 1 tablespoon sherry, 2 level tablespoons powdered sugar, 1 tablespoon jelly, cut fine, 1 salt-spoon salt. Fold white and yolk carefully together with wooden spoon. 1 rounding tablespoon butter in chafing dish; when hot, add egg, cook till stiffened, fold and turn out on platter, serve.

Clam Bisque.

Drain 25 clams, pouring over them 1 cup cold water. Put the liquor over the fire, let it boil and skim. Chop clams very fine. Add to them the liquor, let boil again and skim. Make white sauce of 1 rounding tablespoon butter, 2 rounding tablespoons flour and 1 cup clam juice, $\frac{1}{4}$ cup bread crumbs. Stir with clams till smooth, press through sieve, add 1 pint hot cream and serve.

Can use clam bouillon instead of fresh clams. Season with salt and paprika.

Sweetbreads and Mushrooms.

One good-sized sweetbread, 1 can mushroom Stand sweetbreads in water for an hour, parboil, then place in

cold water with vinegar or lemon juice to blanch; remove membrane and rough edges, keep on ice in water till needed. Add 2 tablespoons butter to chafing dish when it is hot, split sweetbreads in two, put into melted butter and turn often. Add mushrooms, fry a little, then add 1 pint scalded cream, 1 teaspoon salt, little pepper or paprika. Dissolve 1 level tablespoon flour in little cold milk, add, stir until smooth. Serve from chafing dish.

Pineapple Canapés.

Split some sponge cakes, brown a little in butter in chafing dish. Lay each one on plate and spread with a layer of shredded pineapple. Turn the juice from can into the chafing dish. For a cup full, moisten 1 teaspoon of arrowroot and stir slowly into the hot juice until it becomes thickened and clear, 1 teaspoon lemon juice. Pour over pineapple and serve. Any kind of fruit can be used, berries and peaches. Can serve with whipped cream around.

Tomato Bisque.

One pint hot milk.
One round tablespoon butter.
One level tablespoon flour.
One tablespoon salt.
One salt-spoon pepper.
One-half can tomato, strained.
One large salt-spoon soda added to tomato before turning into milk.

Lobster Newburg.

Yolks 2 hard-boiled eggs, mashed and mixed with 1 cup cream.
One can lobster.
One tablespoon butter.
One wine glass sherry.
Season with salt and paprika. Can thicken with 1 tablespoon flour. Serve on fingers of toast.

Welsh Rarebit or Rabbit.

One tablespoon butter in chafing dish (over fire).

One teaspoon mustard, $\frac{1}{2}$ level teaspoon salt, 1 salt-spoon paprika (mix with little milk).

As soon as butter melts. add $\frac{1}{2}$ pound soft cheese, grated. Stir with two wooden spoons until melted, then pour in condiments and add gradually $\frac{1}{4}$ cup milk (warm), stir diligently until soft, add 2 eggs lightly beaten, (then use hot water pan) stir and add $\frac{1}{2}$ salt-spoon soda.

Serve on warm salted crackers, hot plates. Can use beer or ale instead of milk.

After-Dinner Black Coffee.

One salt-spoon salt.

One tablespoon egg, white and shell crushed.

Four round tablespoons finely ground coffee.

One pint boiling water, freshly drawn.

Mix with $\frac{1}{4}$ cup cold water place in pot, scald, add boiling water, boil 10 minutes. Settle with 2 tablespoons cold water. Serve very hot.

Cheese Fondue--16th Century.

Six eggs, $\frac{1}{4}$ pound New York cheese, 2 tablespoons butter, 1 teaspoon salt, salt-spoon paprika.

In chafing dish put butter. Add cheese—grated—stir until melted. Put over hot water pan. Add condiments and eggs. Stir rapidly until all consistency of cream. Serve on toast or warm crackers.

Salmi of Duck.

Two cups cold duck meat.

$\frac{1}{2}$ teaspoon salt.

One pint stock.

Salt-spoon paprika.

One cup mushrooms (fried in butter). Tablespoon butter.

A few olives (cut).

Tablespoon flour.

Glass wine.

Make sauce with butter, flour, stock. Add chopped giblets. Season. Add duck, simmer. Just before serving, add wine. Serve with sliced oranges or currant jelly.

CHAPTER XXXIII.

Food in Sickness.

In many cases of sudden illness or indigestion, a fast for twenty-four hours often proves more beneficial than medicine. Nature's cure.

After protracted illness, and the system demands immediate nourishment, a liquid diet is best;—milk, warm, taken slowly, or light broths. Eggnog or oatmeal gruel, good; beef juice, cocoa.

When solid food is allowed—eggs, oysters, sweet-breads, toast, stewed fruits, junket. Soups with milk or cream are better for invalids than stock soups.

Dyspeptics should avoid what they cannot digest.

The corpulent should not eat starchy food, such as fine flour, rice, potatoes, beans, sweets, fats. Lean beef good. Not too much water.

Thin people should eat starchy foods, butter, bacon. Drink water and milk.

Rheumatic and gouty—keep system well nourished. Lean beef, whole wheat bread, shredded wheat biscuit, fish, lettuce. Avoid stimulants, too much water.

Constipation is cured by exercise. Coarse bread, vegetables, fruits. Avoid hot bread, cheese, tea.

Consumptives—whole wheat bread, fruits, vegetables, milk, salads and stimulants.

Much depends upon the cooking. What the skilled physician does after we are sick the skilled cook does before, and must so prepare food that it can be reduced to a fluid state, and thus repair worn-out tissue of the body. Vanilla should not be used for flavoring for the sick.

Rice Water.

Two tablespoons rice. Salt and sugar to taste.
One quart cold water.

Wash rice. Cook in water with stick cinnamon until rice is dissolved. Add teaspoon lemon, sugar and salt to taste. Serve hot or cold.

Barley Soup.

One pound neck of mutton, cut fine. Add a pint of cold water and salt-spoon salt. Stand for an hour, then simmer for two hours. Strain. Remove any fat. Add $\frac{1}{2}$ cup cold water, 1 tablespoon barley, well washed. Simmer until tender. Can add slice of onion with barley. Season to taste. Serve with triscuit.

Chicken Jelly.

Clean, disjoint, and cut into inch pieces. Pound bones, scald, remove skin and nails from feet. Cover with cold water. simmer till tender, season, strain, add lemon juice, put into molds with small pieces of meat added.

Add more water to bones with a little stock, slice of onion, celery salt and celery. Simmer, strain, add teaspoon of rice. Cook until tender. Serve.

Toast Water.

Toast bread quite brown, pour over it a glass of boiling water. Stand until cold, strain and serve.

Beef Essence.

Tail end of porter-house steak, or round, one inch thick, on wire broiler; broil until juice is started, season with salt and pepper, cut into pieces and press juice out with meat press or potato ricer. Serve warm. Meat left will do for soup kettle.

Beef Extract.

One pound of round steak chopped, add cup cold water, $\frac{1}{2}$ teaspoon salt. Put in glass jar, cover, stand an

hour. Put in kettle of cold water, heat gradually over simmerer; simmer until meat is white. Press juice from meat; remove meat, season. Serve when needed, warm or cold.

Custards, properly cooked, good for invalids, and poached eggs on toast, raw beef toast, stewed fruits.

Arrowroot Blancmange.

Two tablespoons arrowroot, $1\frac{1}{2}$ cups milk, $\frac{1}{2}$ cup sugar, tablespoon lemon juice, dash mace. Mix arrowroot with a little cold milk. Put rest of milk in double boiler, add sugar; when heated, add arrowroot. Stir until thickened, flavor. Turn into mold, previously wet with water.

To Keep Ice for a Sick Room.

Tie a square of coarse white flannel over a wide-mouthed pitcher, leaving a cup-shaped depression in the flannel. Put broken ice in the flannel and cover tight with thick flannel. It will keep all night.

To Cook Prunes.

Wash very carefully. Stand in water for 3 hours, then simmer until plump and tender. Will require no sugar.

Koumiss is of service in acute gastric trouble. It is fermented milk.

Strong bottles are needed. Soak corks in water to put in bottles more easily. Tie down corks. Absolute cleanliness is necessary. Brewers' yeast is best, but compressed can be used—1 cake for 5 quarts milk. A champagne tap necessary for drawing.

Mix 5 quarts sweet milk with a cake of yeast soaked in milk, or 5 tablespoons brewers' yeast, 5 teaspoons honey. Stir very thoroughly together. Bottle $\frac{3}{4}$ full. Cork. Tie down cork. Shake very thoroughly. Stand in cool place $2\frac{1}{2}$ days—turn on side. Ready for use.

Mulled Wine.

Boil some spice, cloves, nutmeg and cinnamon in a little water just to flavor wine. Add a wine glass of sherry or other wine and sweeten to taste. Bring to boiling point. Serve with sippets of toast. Some heat by putting clean, red-hot poker in wine.

CHAPTER XXXIV.

Fruit Juices.

Orange, strawberry, currant, or of any fruit juice make a delicious, fresh course for luncheon in summer time or fruit season. It is served in small glasses with a spoon. One quart juice; filter to make clear. Put in double boiler. As soon as it steams, stir in 3 teaspoons of arrow-root moistened in a little cold water. Cook until clear, then add $\frac{1}{2}$ cup sugar, or more if acid fruit. As soon as sugar is dissolved, turn into bowl to cool. To serve, put piece of ice in each glass.

Fruit Syrup.

Cook 1 quart fruit, 1 pint water. When soft, squeeze out juice through heavy cloth. When cold, sweeten to taste. Dilute with water. Serve in glasses filled with cracked ice.

Grape Juice.

Add 1 quart water to 3 quarts grapes, free from stems. Let them come slowly to the boiling point, then strain through thick cloth. Return liquid to fire, let it come to boiling point, put into bottles and seal immediately. Porcelain kettle, wooden spoon.

Raspberry Vinegar.

Three quarts ripe raspberries into earthen bowl, 1 quart vinegar. After 24 hours, strain out the liquor, turn it over another 3 quarts berries, let stand 24 hours, press and strain juice, and to each pint add 1 pound sugar. Boil 20 minutes. Turn into bottles; when cold, cork. When used, dilute with three parts water.

Blackberry Brandy.

Two quarts blackberries, 2 pounds sugar, $\frac{1}{2}$ ounce each of cinnamon, allspice, nutmeg, $\frac{1}{4}$ ounce cloves. Boil 2 hours. Add, while hot, 1 pint best pure French brandy. Bottle it.

Currant Wine.

Two quarts currant juice, 1 quart water, $3\frac{1}{2}$ pounds sugar. Let it stand in open jar until it stops fermenting, then draw it off carefully, bottle and cork securely.

Mint Julip.

Bruise tender leaves of mint with tablespoon sugar or syrup. Fill glass $\frac{3}{4}$ full of shaven or cracked ice, stir. Insert some sprigs of mint, stems downward, pour over a tablespoon of rum, brandy or whiskey. Stir and drink through a straw.

Tea Punch--For Twenty-Five Persons.

One quart of tea made of Ceylon tea, 1 tablespoon full tea, strain; to it add syrup made of 2 cups sugar, 1 cup water, juice and zest 6 lemons, 6 oranges, 1 can shredded pineapple, 1 quart Maraschino cherries, 1 pint of grape juice with some grapes skinned. Can use strawberries fresh, cut or canned.

In punch bowl place a 5-pound square of ice. Mix all ingredients together. Taste to see if sweet enough. Pour over ice. Place on ice large bunch each of white and purple grapes. Just before serving, add two bottles of Manitou soda water. Serve in cups.

In preparing punches with liquor, celery and cucumbers are used as a special flavor, the foundation is a strong lemonade to which can be added as much or little wine as desired.

Roman Punch.

A lemon ice, over which is poured a tablespoon of rum, sweetened with sugar syrup, to each glass.

Cream Nectar.

H. B. F.

Two ounces tartaric acid, 2 quarts water, 1 pound sugar. Place over fire and bring to a boiling heat, flavor. When nearly cool, add beaten whites 3 eggs. Bottle, and when used, add a pinch of soda to each glass.

Grape Cordial.

S. D.

Ten pounds Concord grapes 1 gallon pure spirits. Remove stems, pour liquor over grapes. Let stand 6 weeks. Boil 4 pounds sugar in $1\frac{1}{2}$ quarts water 5 minutes. Strain liquor, add syrup and bottle.

Lemonade

For 1 quart ice water— $\frac{3}{4}$ cup sugar, 3 lemons. It is better to make a syrup with sugar and 1 cup of water, boiled 5 minutes. Cool. Can make and keep on hand.

Grate zest or rub outside of lemon with lumps of loaf sugar. Squeeze juice from lemons; add to water to which sugar or syrup is added. Taste. Can serve slice of lemon to each glass.

Sherry Cobbler.

Put wine glass of sherry into a glass; sweeten to taste; fill glass with shaved ice; place shaker over glass and shake well.

Fruit Cobbler.

Put three tablespoons of fruit juice into a tumbler; sweeten; fill glass with shaved ice; place shaker over glass; shake well.

Eggnog.

Beat 1 egg very light with tablespoon sugar. Turn into a glass with as much cold or hot milk as it will hold. Shake very thoroughly. Grate nutmeg over and drink. Can use whipped cream instead of milk and add a teaspoon of rum or brandy. Good for invalids; very nourishing.

Milk Shake.

Two-thirds glass milk or cream. Add 2 tablespoons of fruit juice, and sweeten. Fill up with cracked ice. Shake very thoroughly.

CHAPTER XXXV.

Inexpensive Menus.*"A good digestion to you all."***BREAKFAST No. 1.**

Baked apples, cream.
 Poached eggs on toast.
 Lamb chops, creamed potatoes.
 Muffins.
 Coffee.

BREAKFAST No. 2.

Cantaloupe.
 Oat meal, cream.
 Breaded veal, tomato sauce.
 French fried potatoes.
 Buttered toast.
 Coffee.

BREAKFAST No. 3.

Oranges, sliced.
 Creamed codfish on shredded biscuit.
 Baked potatoes.
 Soft boiled eggs.
 Hot biscuit.
 Coffee.

BREAKFAST No. 4.

Formal.
 Grape fruit.
 Clam bouillon.
 Broiled fresh mackerel.
 Shoofly potatoes.
 Chicken timbales, cucumbers.
 Breakfast rolls.
 Raspberry sherbet, cake.
 Coffee.

LUNCHEON No. 1.

Green and white.
 Cream of celery soup, bread sticks.
 Fish pudding, white sauce.
 Mashed potatoes, chopped parsley.
 Chops, mint sauce.
 Peas.
 Lettuce and cucumber salad.
 Pastachio ice cream, angel food.
 Coffee.

LUNCHEON No. 2.

Pink.
 Tomato bisque.
 Creamed salmon in crusts.
 Potato balls.
 Tenderloin steak, beets.
 Currant sherbet.
 Cherry pudding, hard sauce.
 Red and white mints.
 Chocolate.

LUNCHEON No. 3.

Yellow.
 Oranges and peaches served
 in orange basket.
 Fish au gratin.
 Sandwiches rolled, tied with
 yellow ribbon.
 Boned chicken in jelly.
 Cauliflower, Hollandaise.
 Egg salad, mayonnaise.
 Cheese soufflé.
 Lemon ice, pound cake.
 Yellow mints, salted nuts.
 Coffee.

LUNCHEON No. 4.

Oysters on half shell.
 Bouillon, egg balls.
 Oyster crabs in fontage cups.
 Quail on toast, bread sauce.
 Asparagus tips on toast.
 Rice ice cream.
 Small cakes.
 Pitted cherries with nuts and
 syrup, chilled.
 Chocolate.

Luncheon.

MRS. R. A. CULTER.

1. Fruit. White grapes, bananas and pineapple.
 Served in little baskets made of oranges.
2. Minced clam bouillon.
3. Timbale cases, filled with sweetbreads and
 mushrooms.
4. Sherbert.
5. Quail, asparagus tips, lettuce salad, biscuits.
6. Frozen eggnog, served in champagne glasses.

DINNER No. 1.

Oyster cocktail.
 Mutton broth with rice.
 Roast beef, sweet potatoes,
 turnips.
 Lettuce salad, French dress-
 ing.
 Sponge pudding, creamy
 sauce.
 Black coffee, Manitou water.

DINNER No. 2.

Fruit in cubes, chilled.
 Clam broth.
 Planked shad.
 Maitre d' hotel butter, po-
 tatoes.
 Salmi of duck, chafing dish.
 Orange and celery salad.
 Chocolate parfait.
 Coffee, ginger Manitou
 champagne.

DINNER No 3.

Consommé, crackers.
 Boiled cod, egg sauce,
 potatoes.
 Lamb and peas.
 Asparagus tips, Hollandaise.
 Cheese soufflé.
 Watermelon, cut up, shaved.
 ice and sugar.
 Mints, olives, radishes.
 Coffee.

DINNER No. 4.

Bouillon.
 Creamed lobster in crusts.
 Roast turkey, cranberry sauce.
 Celery, radishes.
 Tomato jelly, lettuce, mayon-
 naise.
 Raspberry sherbet.
 Plum pudding, brandy sauce.
 Nuts, candies, raisins.
 Coffee, claret.

A small dinner cooked to a nicety, served with grace, congenial company is most charming.

In preparing for evening company allow three sandwiches to each guest.

A pound of ground coffee with white of one egg will make five quarts of coffee. Serve 30 people.

One quart of chicken salad will serve six to eight persons.

One quart of ice cream will serve six to eight persons.

One cup grated chocolate and same amount of sugar will make 2 quarts of chocolate; serve twelve persons; $\frac{1}{2}$ pint of whipping cream.

CHAPTER XXXVI.

Important Hints.

To sift flour and sugar before measuring.

When mixing cornstarch, or flour with a liquid, first mix it with a little cold liquid and pour slowly into mixture, stirring all the time.

When molasses is used part of soda must be added to molasses, owing to acid.

Porto Rico molasses better for ginger bread.

Milk should never boil.

A pinch of salt to whites of eggs makes them beat well.

To extract onion juice, press hard on grater, moving a little, juice will drop.

Soak salt fish with skin-side down.

To have oven ready, when cake is ready to bake.

If oven is too hot leave oven door open a little while; close oven door lightly.

A little lemon improves warmed-over dishes.

Many things are spoiled by too much heat.

Clean up as you go along.

Many cheap meats more nutritious.

To understand anatomy of animals and fowl.

After bruising, heating and straining spinach, part left on strainer is the coloring.

If a cloth wet with vinegar is wrapped around cheese, then the whole put in paper bag in cool place, it will not mold.

Put glasses in hot water, not pour hot water over.

In preparing beefsteak, have dinner ready, put on steak to broil just before announcing dinner. Give attention to steak, turning often. After seasoning stand in oven for a moment, then put coffee on to scald (two things spoiled by too much cooking).

If fruit stains occur on linen, hold over a bowl, pour kettle of boiling water slowly over.

Iron rust removed by salt and lemon. Expose to the sun's rays.

Mildew with soap and powdered chalk.

It is more important to masticate bread well than meat.

EARACHE.—Wet a piece of cotton with chloroform, put it into a common clay pipe, stem in ear, blow gently in bowl.

To peel onions without weeping, put small piece of potato on end of knife.

TO MAKE COLORS FAST.—2 tablespoons salt in gallon of water. Soak garment in it 20 minutes. Wash in bran water for stiffening.

MUSTARD PASTE.—Mix mustard with white of an egg.

TO SHRED CELERY.—Put large needles in a cork, comb sticks of celery, put in cold water to curl and crisp.

RUFFLES FOR CHOPS.—Paper color of table decoration. Cut paper 2 inches wide, 6 inches long; double and crease along center, clip like fringe in fold $\frac{1}{2}$ inch deep, raise one edge about $\frac{1}{4}$ inch, paste down, then, on small pencil or skewer, wind it around like screw, paste end, put on end of bone just before serving.

FRINGED PAPER TO SET LOAF CAKE ON.—Cut white paper 2 inches wider than size of cake, fringe edge $1\frac{1}{2}$ inches deep, then draw across edge of knife or scissors to curl all around.

**A Course of Ten Lessons Which Every Girl
12 Years of Age Should Understand.**

LESSON 1. Boiling of water. The right way to prepare and serve tea, coffee and chocolate. Table-setting and serving.

LESSON 2. Food value of different cereals, time for cooking. Rice pudding.

LESSON 3. Making bread and rolls.

LESSON 4. Making stock and cream soups and things to serve with soups.

LESSON 5. Different ways of cooking meats, nutritive value. Broiling steaks.

LESSON 6. Cooking eggs in different ways.

LESSON 7. Cooking potatoes and vegetables. Corn-starch pudding.

LESSON 8. Pastry. Utilizing left-overs.

LESSON 9. Cake-making.

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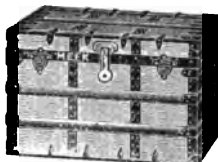
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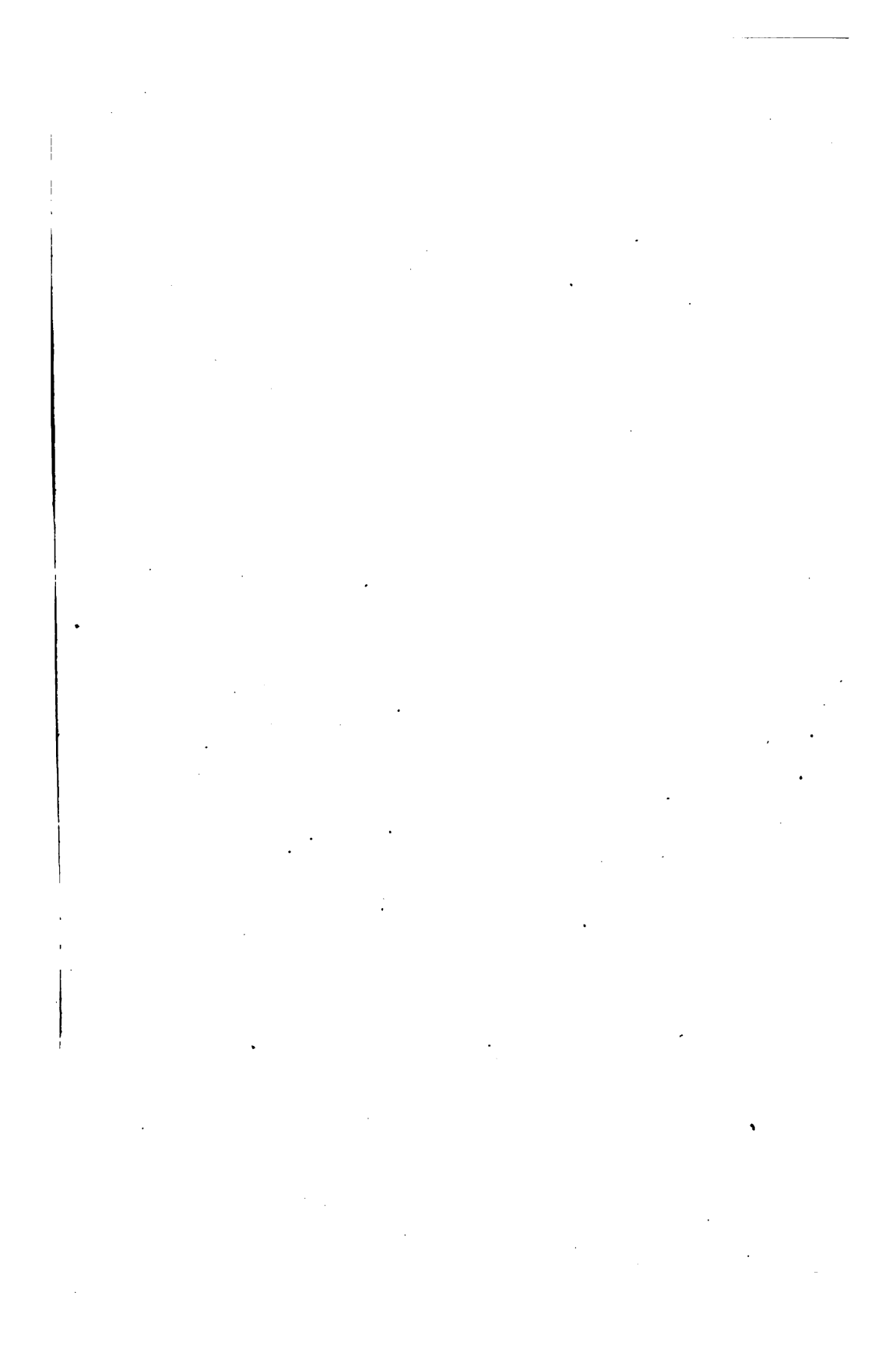
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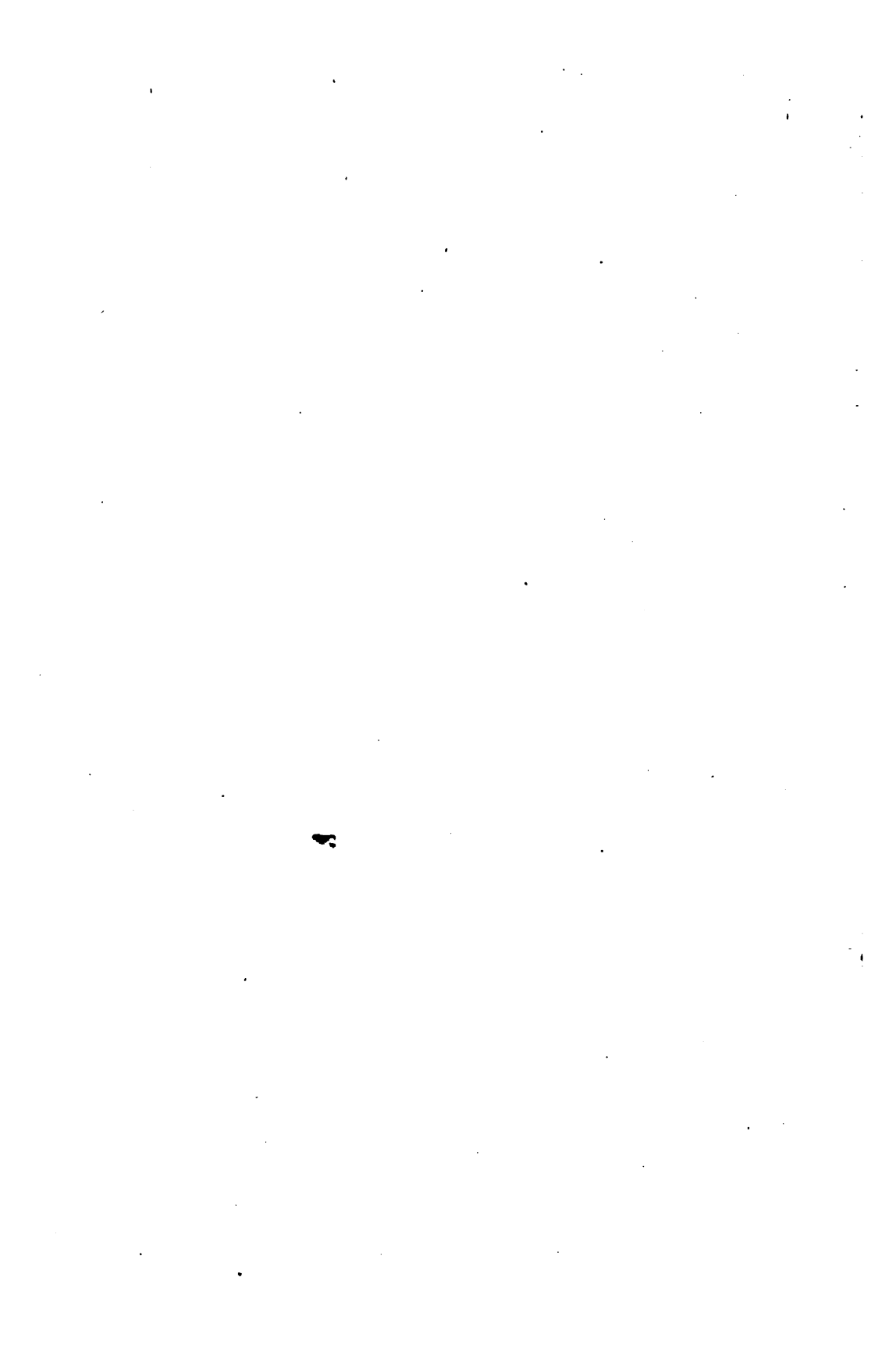
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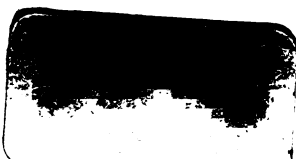
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White Loaf Cake.—Cream a half cup of butter, add a cup of sugar, two cups of flour sifted with two teaspoonfuls of baking powder, a half cup of sweet milk, flavoring and the whites of two eggs. Bake in a loaf.

A Choice Layer Cake.—Cream a half

cup of butter, add a cup and a half of sugar and a half cup of sweet milk, two cups of flour, flavoring and the whites of eight eggs. Bake in layers. This will make one large cake of five layers or two cakes may be made by using different filling.

Hickorynut Cake.—Cream two-thirds of a cup of butter, add two cups of sugar, a cup of milk, a little at a time, adding three cups of flour sifted with two teaspoonfuls of baking powder, three well-beaten eggs and a cup of nut meats. Bake in a large flat pan.

Chocolate Cake.—For a simple, easy and satisfactory cake to make, this is a winner. Cream a fourth of a cupful of butter, add a cup of brown sugar, one egg, a cup and a fourth of flour, a fourth of a cup of sour milk, a teaspoonful of vanilla and a half teaspoon of soda. Two squares of chocolate (Baker's) dissolved in a half cup of hot water added the last thing. Bake in two layers. Put together with a boiled frosting.

Roll Jelly Cake.—Two eggs well beaten, half cup of sugar, half cup of flour, a teaspoonful of baking powder and a tablespoonful of cold water the last thing.

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Wheatena Waffles

Recipe prepared and tested by *Lily Haxworth Wallace*, Food Specialist

$\frac{3}{4}$ cup flour	2 eggs
$\frac{1}{2}$ teaspoon salt	$1\frac{1}{4}$ cups milk
2 teaspoons baking powder	2 tablespoons melted
$\frac{1}{2}$ cup uncooked Wheatena	shortening

Sift together the flour, salt and baking powder, add the Wheatena and moisten with the egg yolks and milk, beating thoroughly to insure a smooth batter. Stir in the melted shortening and just before baking, fold in the stiffly beaten egg whites. Bake in well greased waffle irons. Serve with butter and honey or maple syrup.

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LEMON PIE.—Two soda crackers, two lemons, one and a half cupfuls of sugar, two eggs, one and a half cupfuls of boiling water. Roll the crackers fine; place in a bowl, pour on the boiling water; cover with a plate; when cold, add the eggs, well beaten, sugar, grated rind of one lemon, and the juice of both. Line a pie-plate with paste; add preparation; wet edges with water; cover, wash over with milk, and bake in a quick oven twenty-five minutes.

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voted a success:

GRAHAM PUDDING—Few people realize how delicious a dessert can be made from wholesome graham flour. If the following directions are carefully carried out the result will be a pudding quite as welcome as one made from a far richer recipe. Sift one and one-half cupfuls of graham flour and then mix it again lightly with the bran. Add one cup of milk, half a cup of molasses, half teaspoonful of salt and one teaspoonful of baking soda dissolved in a little boiling water. Beat vigorously and thoroughly; then stir in one and one-half cupfuls of raisins, which have been chopped fine. Pour into a buttered mould and steam for four hours.

For the sauce beat together one-third of a cupful of butter and one cupful of sugar until they form a cream. Add the beaten yolks of two eggs and beat all together until perfectly smooth. Then add wine to taste and beat the whites of the eggs to a stiff froth. Stand the whole over a kettle of boiling water and stir until hot and smooth. This pudding can be heated up again, and the left-over tastes as if freshly made.

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twenty-five minutes.

Chili Sauce—Twenty large ripe tomatoes, four large white onions, three green peppers, eight tablespoonfuls of brown sugar, four of salt, four cups white vinegar, half even teaspoonful of ground ginger, half nutmeg, grated; three-quarters of a tablespoonful of cinnamon and half teaspoonful ground cloves. Scald the tomatoes, remove the skins and cut them fine. Chop fine onions and peppers, put all the ingredients in a kettle and boil slowly one and a half hours, stir occasionally to keep from burning, put away in small jars.

Pineapple Fritters—Pare a small pineapple with as little waste as possible, cut it up into

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New York Woman Tells Recipe for "Spiced Apples"

TO THE DENVER REPUBLICAN—A friend of mine who is a member of the Consumers' league in Denver, has asked me to send you for publication, if you care to, the famous western New York recipe for the dainty called "Spiced Apples," so that more people may know how to take advantage of the wonderful cheapness of this fruit this year, in the fight to keep down the soaring cost of toothsome living. The directions are so simple that it is wonderful that more people do not know how to prepare this dainty, but it is true, they don't. This is the way we do it here in the fruit section:

Simple Spiced Apples—Wipe and core sour apples. (If you haven't a corer, use a knife carefully so as to leave the apple whole and with the skin on.) For eight apples mix a cup of any kind of sugar with one-fourth teaspoon cinnamon and a pinch of allspice. Fill the holes in the apples with the mixture. Set in a dish that has a little boiling water in the bottom and bake in a quick oven. Serve them hot or cold in their own syrup and bless Eve for discovering the apple.

Yours truly,

EVE, 1913.

Albion, Orleans County, New York.

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